

# SHARP



## — COOKERY BOOK —



**SHARP**

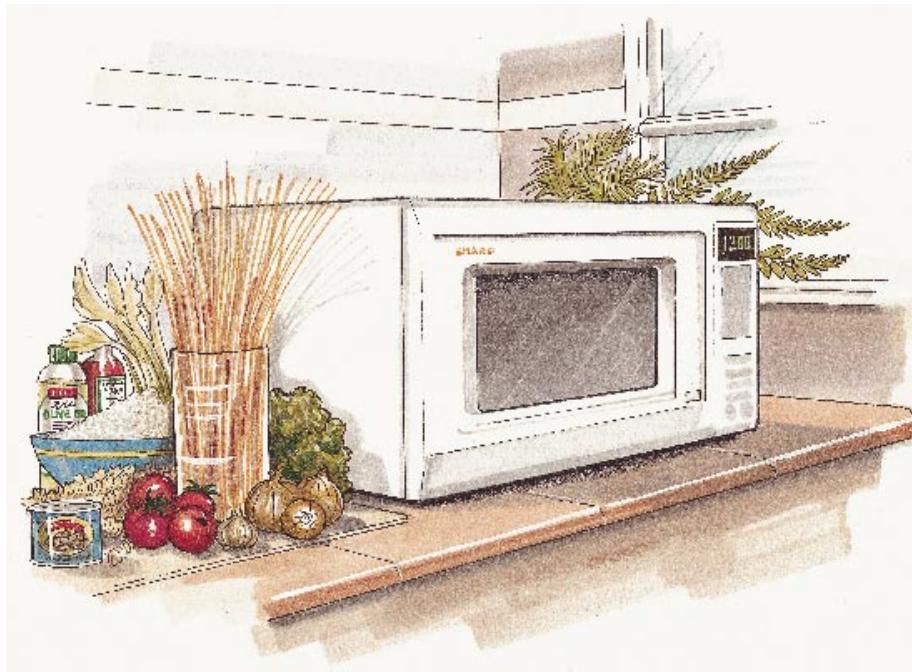
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# INTRODUCTION



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# COOKING HINTS



This Cookery Book contains a wide variety of recipes developed specifically for your microwave oven. These will give you successful results and will save time and electricity. The recipes demonstrate the capabilities of your oven and prove that microwave technology combined with grill or convection energy is the efficient and effective alternative to conventional cooking.

## NOTES

- 1 All ingredients are given in both metric and imperial measures. Use either set but not a combination of both measures.
- 2 Food temperatures are:-  
Frozen: -18°C, Chilled: 5°C, Room: 20°C
- 3 When cooking Rice & Pasta (see page 7), cooking time is constant for any quantity of rice or pasta; boiling water must be adjusted according to quantity of rice or pasta. After leaving the Rice/Pasta to stand, rinse in boiling water prior to serving.
- 4 Butter and margarine can be interchanged in recipes, as preferred.
- 5 Half fat, skimmed or full fat milk may be used in all recipes, as preferred.
- 6 Where it is necessary to blend foods, use a food processor, liquidiser or press through a sieve.
- 7 Refer to operation manual for advice on suitable cookware.
- 8 Where dishes are covered, use vented microwave cling film unless otherwise stated. Where dishes are lined, use greaseproof paper unless otherwise stated.
- 9 All preparation times and serving quantities are approximate.
- 10 Serve all dishes immediately unless otherwise stated.
- 11 For sequence programming refer to the operation manual.

### SYMBOLS:

- **Method:** Where shielding is necessary use small pieces of foil.
- **Poultry Chart:** Chicken, turkey and duck must be defrosted without giblets.
- ▲ **Standing Time:** During recommended standing time, wrap or cover food in foil.

## DEFROSTING (MICROWAVE)

FOOD	DEFROST TIME	MICRO POWER LEVEL	METHOD	STANDING TIME
<b>Meat Joints (Beef, Lamb, Pork)</b>	20-21 Minutes 450g (1lb)	LOW	• Place in a flan dish. Turn over 4-5 times during defrosting. Shield.	▲ 45-60 Minutes
<b>Minced Beef</b>	6-7 Minutes 450g (1lb)	MEDIUM LOW	• Place on a plate or in a bowl. Turn over/stir 3-4 times, removing defrosted mince each time.	▲ 15-20 Minutes
<b>Steak 2cm (3/4") thick</b>	9-10 Minutes 450g (1lb)	MEDIUM LOW	• Place in a flan dish. Turn over 2-3 times, separate during defrosting. Shield.	▲ 25-30 Minutes
<b>Chops &amp; Sausages</b>	11-12 Minutes 450g (1lb)	MEDIUM LOW	• Place in a flan dish. Turn over 2-3 times, separate during defrosting. Shield.	▲ 25-30 Minutes
<b>Bacon</b>	9-10 Minutes 450g (1lb)	MEDIUM LOW	• Place on a plate. Separate and rearrange twice during defrosting. Shield.	▲ 5-10 Minutes
▪ <b>Whole poultry (Chicken, Turkey, Duck)</b>	17-18 Minutes 450g (1lb)	LOW	• Place in a flan dish. Turn over 4-5 times during defrosting. Shield.	▲ 45-60 Minutes
▪ <b>Chicken Portions</b>	6-7 Minutes 450g (1lb)	MEDIUM LOW	• Place in a flan dish. Turn over, rearrange 2-3 times during defrosting. Shield.	▲ 25-30 Minutes
▪ <b>Chicken/Turkey Breast &amp; Drumsticks</b>	9-10 Minutes 450g (1lb)	MEDIUM LOW	• Place in a flan dish. Turn over, rearrange 2-3 times during defrosting. Shield.	▲ 25-30 Minutes
▪ <b>Minced Turkey</b>	9-10 Minutes 450g (1lb)	MEDIUM LOW	• Place on plate or in a bowl. Turn over/stir 3-4 times removing defrosted mince each time.	▲ 15-20 Minutes
<b>Whole Fish (Trout, Mackerel)</b>	8 Minutes 450g (1lb)	MEDIUM LOW	• Place in a flan dish. Turn over twice during defrosting. Shield.	▲ 15 Minutes
<b>Fish Fillets/Steaks</b>	6 Minutes 450g (1lb)	MEDIUM LOW	• Place in a flan dish. Turn over twice, separate during defrosting. Shield.	▲ 15 Minutes
<b>Apples</b>	7-8 Minutes 450g (1lb)	MEDIUM LOW	Place in a dish. Stir during defrosting.	10 Minutes
<b>Blackcurrants/ Redcurrants Raspberries/ Blackberries</b>	5-6 Minutes 450g (1lb)	MEDIUM LOW	Place in a dish. Stir during defrosting.	10 Minutes
<b>Gooseberries Rhubarb/ Strawberries</b>	6-7 Minutes 450g (1lb)	MEDIUM LOW	Place in a dish. Stir during defrosting.	10 Minutes
<b>Bread (sliced)</b>	5-6 Minutes 400g (14oz)	MEDIUM LOW	Place on the turntable. Separate and rearrange during defrosting.	5-10 Minutes
<b>Pastry (Puff or Shortcrust)</b>	4-5 Minutes 450g (1lb)	MEDIUM LOW	Place on a plate. Turn over halfway through defrosting.	10-15 Minutes
<b>Meat &amp; Fruit Pies (cooked)</b>	6-7 Minutes large pie	MEDIUM LOW	Remove from foil container. Place in a shallow flan dish.	15-20 Minutes

**Note:** Ensure you read all cookery notes on page 2, for advice and explanations of symbols before proceeding.

## DUAL COOK - (MICROWAVE & CONVECTION)

FOOD	METHOD	COOKING TIME	COOKING MODE
<b>Beef (rare)</b>	Place fat side down in a flan dish on the low rack. Calculate cooking time. Turn over and remove juices halfway through cooking.	14-15 Minutes per 450g (1lb)	DUAL COOK 160°C, MEDIUM LOW.
<b>Beef/Lamb (medium)</b>	As above	16-17 Minutes per 450g (1lb)	DUAL COOK 160°C, MEDIUM LOW.
<b>Beef/Lamb (well done)</b>	As above	19-20 Minutes per 450g (1lb)	DUAL COOK 160°C, MEDIUM LOW.
<b>Pork</b>	Place fat side down in a flan dish on the low rack. Calculate the cooking time. Use sequence programming: <b>Stage 1:</b> Cook on DUAL COOK 160°C, MEDIUM for the first half of the cooking time. Turn over and remove juices at the end of <b>Stage 1</b> . <b>Stage 2:</b> Cook on DUAL COOK 130°C, MEDIUM for the second half of cooking time. ▲ Stand for 10 minutes after cooking.	17-18 Minutes per 450g (1lb)	<b>Stage 1:</b> DUAL COOK 160°C, MEDIUM. <b>Stage 2:</b> DUAL COOK 130°C, MEDIUM.
<b>* Poultry</b>	Place breast side down in a flan dish on the low rack. Turn over and remove juices halfway through cooking. ▲ Stand for 10 minutes after cooking.	10-11 Minutes per 450g (1lb)	DUAL COOK 180°C, MEDIUM.
<b>Quiche (uncooked) Frozen</b>	Preheat oven to 200°C. Remove from foil container. Place in a flan dish on the low rack. ▲ Stand for 3-4 minutes after cooking.	20-22 Minutes for a 450g (1lb) quiche	Preheated oven. DUAL COOK 200°C, MEDIUM LOW.
<b>Meat pie (uncooked) Frozen</b>	Preheat oven to 200°C. Remove from foil container. Glaze and place in a flan dish on the low rack. ▲ Stand for 3-4 minutes after cooking.	22-25 Minutes for a 450g (1lb) pie	Preheated oven. DUAL COOK 200°C, MEDIUM LOW.
<b>Fruit pie (uncooked) Frozen</b>	Preheat oven to 200°C. Remove from foil container. Glaze and place in a flan dish on the low rack. ▲ Stand for 3-4 minutes after cooking.	20-25 Minutes for a 450g (1lb) pie	Preheated oven. DUAL COOK 200°C, LOW.
<b>Sausage rolls (uncooked) Frozen</b>	Preheat oven to 220°C. Glaze and place in a flan dish on the low rack. ▲ Stand for 3-4 minutes after cooking.	10-12 Minutes for 6 sausages rolls (approx. 50g (2oz) each)	Preheated oven. DUAL COOK 220°C, MEDIUM LOW.
<b>Garlic Bread</b>	Preheat oven to 230°C. Remove any packaging. Place in a flan dish on the low rack. No standing time is required.	6 Minutes for 1 baguette	Preheated oven. DUAL COOK 230°C, LOW.
<b>Baked Potatoes</b>	Preheat oven to 250°C. Pierce each potato in several places. Place on the low rack. No standing time is required.	16 minutes for 2 potatoes (250g each)	Preheated oven. DUAL COOK 250°C, MEDIUM HIGH.
<b>Roast Potatoes</b>	Cut into even sized pieces. Brush with oil. Place in a flan dish on the low rack. Turn over halfway through cooking. No standing time is required.	30-35 Minutes for 675g (1½lb) potatoes	DUAL COOK 220°C, MEDIUM LOW.

\* For poultry weighing 2.4kg or more, place in a flan dish on the turntable.

**Note:** Ensure you read all cookery notes on page 2, for advice and explanations of symbols before proceeding.

## DUAL GRILL - (MICROWAVE & GRILL)

FOOD	METHOD	COOKING TIME	COOKING MODE
<b>Beef (rare)</b>	Place fat side down in a flan dish on the low rack. Calculate the cooking time. Use sequence programming: <b>Stage 1:</b> Cook on MEDIUM HIGH for first half of cooking time. Turn over, remove juices. <b>Stage 2:</b> Cook on MEDIUM for second half of cooking time. <b>Stage 3:</b> Cook on DUAL GRILL, MEDIUM for the final 4 minutes of cooking time. ▲ Stand for 6-8 minutes after cooking.	10-12 Minutes per 450g (1lb)	<b>Stage 1:</b> MEDIUM HIGH. <b>Stage 2:</b> MEDIUM. <b>Stage 3:</b> DUAL GRILL, MEDIUM.
<b>Beef/Lamb (medium)</b>	As above	13-14 Minutes per 450g (1lb)	as above
<b>Beef/Lamb (well done)</b>	As above	17-18 Minutes per 450g (1lb)	as above
<b>Pork</b>	Place fat side down in a flan dish on the low rack. Calculate the cooking time. Use sequence programming: <b>Stage 1:</b> Cook on MEDIUM HIGH throughout, apart from the last 4 minutes. Turn over, remove juices halfway through <b>Stage 1</b> . <b>Stage 2:</b> Cook on DUAL GRILL, MEDIUM HIGH for the final 4 minutes of cooking time. ▲ Stand for 10 minutes after cooking.	18-20 Minutes per 450g (1lb)	<b>Stage 1:</b> MEDIUM HIGH. <b>Stage 2:</b> DUAL GRILL, MEDIUM HIGH.
<b>Poultry (Max. 1.8kg (4lb))</b>	Place breast side down in a flan dish on the low rack. Calculate the cooking time. Use sequence programming: <b>Stage 1:</b> Cook on HIGH throughout, apart from the last 4 minutes. Turn over, remove juices halfway through <b>Stage 1</b> . <b>Stage 2:</b> Cook on DUAL GRILL, HIGH for the final 4 minutes of cooking time. ▲ Stand for 10 minutes after cooking.	12 Minutes per 450g (1lb)	<b>Stage 1:</b> HIGH. <b>Stage 2:</b> DUAL GRILL, HIGH.
<b>Chicken Portions</b>	Place best side down in a flan dish on the low rack. Calculate the cooking time. Use sequence programming: <b>Stage 1:</b> Cook on HIGH throughout cooking time, apart from the last 4 minutes. Turn over, remove juices halfway through <b>Stage 1</b> . <b>Stage 2:</b> Cook on DUAL GRILL, HIGH for the final 4 minutes of cooking time. ▲ Stand for 5 minutes after cooking.	11-12 Minutes per 450g (1lb)	<b>Stage 1:</b> HIGH. <b>Stage 2:</b> DUAL GRILL, HIGH.
<b>Pork chops (with bone)</b>	Place in a flan dish on the high rack. Turn over halfway through cooking. ▲ Stand for 3-4 minutes after cooking.	11-12 Minutes per 450g (1lb) chops	DUAL GRILL, MEDIUM HIGH.
<b>Lamb chops &amp; Boneless Pork Chops</b>	As above	9-10 Minutes per 450g (1lb) chops	DUAL GRILL, MEDIUM HIGH.
<b>Sausages (thick)</b>	Place in a flan dish on the high rack. Turn over after halfway through cooking. ▲ Stand for 2-3 minutes after cooking.	9-10 Minutes per 450g (1lb) sausages	DUAL GRILL, MEDIUM.
<b>Beefburgers Frozen</b>	As above	9-10 Minutes per 450g (1lb) beefburgers	DUAL GRILL, MEDIUM LOW.

**Note:** Ensure you read all cookery notes on page 2, for advice and explanation of symbols before proceeding.

## DUAL GRILL - (MICROWAVE & GRILL)

FOOD	METHOD	COOKING TIME	COOKING MODE
Crispy crumb foods (chilled)	Place in a flan dish on the high rack. Use sequence programming: <b>Stage 1:</b> Cook on DUAL GRILL, MEDIUM LOW for first half of cooking time. Turn over. <b>Stage 2:</b> GRILL for second half of cooking time. ▲ Stand for 2-3 minutes after cooking.	7-8 Minutes for 100g (4oz)	<b>Stage 1:</b> DUAL GRILL, MEDIUM LOW. <b>Stage 2:</b> GRILL.
	As above	10-11 Minutes for 200g (7oz)	<b>Stage 1:</b> DUAL GRILL, MEDIUM LOW. <b>Stage 2:</b> GRILL.
	As above	11-12 Minutes for 300g (14oz)	<b>Stage 1:</b> DUAL GRILL, MEDIUM LOW. <b>Stage 2:</b> GRILL.
Crispy crumb foods (frozen)	Place in a flan dish on the high rack. Calculate the cooking times. Use sequence programming: Stage 1: Cook on DUAL GRILL, MEDIUM throughout, apart from the last 4 minutes. Turn over. Stage 2: GRILL for the last 4 minutes of cooking time.	8-9 Minutes for 100g (4oz)	<b>Stage 1:</b> DUAL GRILL, MEDIUM. <b>Stage 2:</b> GRILL.
		10-11 Minutes for 200g (7oz)	<b>Stage 1:</b> DUAL GRILL, MEDIUM. <b>Stage 2:</b> GRILL.
Oven ready Pizza (chilled)	▲ Stand for 2-3 minutes after cooking. Place in a flan dish on the low rack ▲ Stand for 2-3 minutes after cooking.	12-13 Minutes for 400g (14oz)	<b>Stage 1:</b> DUAL GRILL, MEDIUM. <b>Stage 2:</b> GRILL.
	As above	5-6 Minutes for 200g (7oz)	DUAL GRILL, MEDIUM.
	As above	6-7 Minutes for 350g (12oz)	DUAL GRILL, MEDIUM.
Oven chips (frozen)	As above	7-8 Minutes for 450g (1lb)	DUAL GRILL, MEDIUM.
	Place in a flan dish on the high rack. Turn over halfway through cooking. No standing time is required.	10-11 Minutes for 225g (8oz)	DUAL GRILL, MEDIUM LOW.
Baked Potatoes	As above	12-13 Minutes for 450g (1lb)	DUAL GRILL, MEDIUM LOW.
	Pierce each potato in several places. Place in a flan dish on the low rack. Turn over after 8 minutes of the cooking time. No standing time is required.	16 Minutes for 2 potatoes (250g each.)	DUAL GRILL, MEDIUM HIGH.
Roast Potatoes	Cut into even sized pieces. Brush with oil. Place in a flan dish on the low rack. Turn over halfway through cooking. No standing time is required.	24 Minutes for a 675g (1½ lb) potatoes	DUAL GRILL, MEDIUM.
Garlic Bread	Remove any packaging. Place in a flan dish on the low rack. No standing time is required.	5-6 Minutes for 1 baguette.	DUAL GRILL, LOW.
Toasted Sandwich	Prepare sandwich: Place two slices of ham and 50g (2oz) grated cheese between 2 slices of bread and butter. Place sandwich in a flan dish on the high rack. Turn over after 3 minutes of the cooking time. No standing time is required.	5-6 Minutes for 1 sandwich	DUAL GRILL, LOW.

**Note:** Ensure you read all cookery notes on page 2, for advice and explanations of symbols before proceeding.

## GRILLING

FOOD	METHOD	COOKING TIME	COOKING MODE
Bacon	Place in a flan dish on the high rack. Turn over halfway through cooking. Stand for 1-2 minutes after cooking.	8 Minutes for 1-6 rashers	GRILL
Beef/Gammon Steak	Place on the high rack. Turn over halfway through cooking. Stand for 3 minutes after cooking.	10-12 Minutes for 1-2 steaks	GRILL
Fish Fingers (frozen)	Place on the high rack. Turn over halfway through cooking. Stand for 2 minutes after cooking.	12 Minutes for 1-12 fingers	GRILL
Toast	Place on the high rack. Turn over after 3 minutes. No standing time is required.	5 Minutes for 1-4 slices	GRILL
Cheese on toast	Place bread on the high rack. Grill one side for 3 minutes turn over and cover with 50g (2oz) grated cheese. Grill for remaining time. No standing time is required.	6 Minutes for 2 slices	GRILL
Tea cakes, Muffins & crumpets	Slice in half. Place on the high rack. Turn over halfway through cooking. No standing time is required.	5 Minutes for 1-4 halves	GRILL

## MICROWAVE COOKING

FOOD	COOKING TIME	MICRO POWER LEVEL	METHOD	STANDING TIME
White rice (long grain)	13-14 Minutes	MEDIUM HIGH	Add 300ml (1/2 pint) boiling water/100g (4oz) rice. Do not cover. Stir twice during cooking.	5 Minutes
Brown rice	19-21 Minutes	MEDIUM HIGH	Add 400ml (14fl.oz) boiling water/100g (4oz) rice. Do not cover. Stir twice during cooking.	5 Minutes
Spaghetti (short cut) Pasta shells/ twists	10-11 Minutes	MEDIUM HIGH	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir halfway through cooking.	4 Minutes
Macaroni (short cut)	11-12 Minutes	MEDIUM HIGH	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir halfway through cooking.	4 Minutes
Tagliatelle	9-10 Minutes	MEDIUM HIGH	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir halfway through cooking.	4 Minutes
Scrambled Eggs	15g (1/2oz) butter 2 eggs (size 3) 30ml (2tbsp) milk salt & pepper	HIGH	Melt butter in a bowl on HIGH for 30 seconds. Add eggs, milk, season, mix well. Cook on HIGH for 1 1/2-2 minutes, stirring every 30 seconds.	30 Seconds
Baked/ Poached Eggs	2 eggs (size 3)	HIGH	Break each egg into a ramekin dish. Carefully pierce white and yolk in 3-4 places. Cover and cook on HIGH for 50 seconds - 1 minute.	30 Seconds
Fried Eggs	10ml (2tsp) oil 1 egg (size 3)	HIGH	Place the oil in a 17.8cm (7") shallow dish. Heat on HIGH for 1 minute. Break the egg into the oil. Pierce yolk and white in 3-4 places. Cook on HIGH for 40-50 seconds.	30 Seconds

**Note:** Ensure you read all cookery notes on page 2, for advice and explanation of symbols before proceeding.

# MICROWAVE COOKING

FOOD	COOKING TIME	MICRO POWER LEVEL	METHOD	STANDING TIME*
<b>Beef (rare) (Topside, Silverside)</b>	8-9 Minutes 450g (1lb)	MEDIUM HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 6 Minutes
<b>Beef (medium) (Topside, Silverside)</b>	11-12 Minutes 450g (1lb)	MEDIUM HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 8 Minutes
<b>Beef (well done) (Topside, Silverside)</b>	14-15 Minutes 450g (1lb)	MEDIUM HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 10 Minutes
<b>Beefburgers</b>	10-11 Minutes 450g (1lb)	MEDIUM HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 2-3 Minutes
<b>Minced Meat</b>	8-9 Minutes 450g (1lb)	MEDIUM HIGH	• Place in a bowl. Stir 2-3 times during cooking.	▲ 2-3 Minutes
<b>Sausages (thick)</b>	4-5 Minutes 4 sausages	HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 2 Minutes
	6-7 Minutes 8 sausages	HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 2 Minutes
<b>Sausages (thin)</b>	2 Minutes 4 sausages	HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 2 Minutes
<b>Lamb (Fillet, Shoulder, Leg)</b>	14-15 Minutes 450g (1lb)	MEDIUM HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 10 Minutes
<b>Lamb Chops</b>	9-10 Minutes 450g (1lb)	MEDIUM HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 5 Minutes
<b>Pork (Loin, Leg)</b>	17-18 Minutes 450g (1lb)	MEDIUM HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 10 Minutes
<b>Pork Chops (with bone)</b>	15-17 Minutes 450g (1lb)	MEDIUM HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 4-5 Minutes
<b>Pork Chops (boneless)</b>	12-13 Minutes 450g (1lb)	MEDIUM HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 4-5 Minutes
<b>Gammon Joint</b>	17-18 Minutes 450g (1lb)	MEDIUM HIGH	• Place in a flan dish. Turn over 4-5 times during cooking.	▲ 10 Minutes
<b>Bacon</b>	3 Minutes 4 slices	HIGH	• Place on a plate. Turn over halfway through cooking.	▲ 1 Minutes
<b>Whole Poultry Chicken, Turkey, &amp; Duck</b>	8-9 Minutes 450g (1lb)	HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 10 Minutes
<b>Chicken Portions Chicken/Turkey Breasts &amp; Drumsticks</b>	10-11 Minutes 450g (1lb)	HIGH	• Place in a flan dish. Turn over halfway through cooking.	▲ 5 Minutes
<b>Minced Turkey</b>	8-9 Minutes 450g (1lb)	HIGH	• Place in a bowl. Stir 2-3 times during cooking.	▲ 5 Minutes
<b>Fish Fillets</b>	6-7 Minutes 450g (1lb)	HIGH	• Place in a single layer in a flan dish. Cover and cook	▲ 2-3 Minutes
<b>Whole Fish &amp; Steaks</b>	6-8 Minutes 450g (1lb)	HIGH	• Place in a single layer in a flan dish. Cover and cook	▲ 2-3 Minutes

**Note:** Ensure you read all cookery notes on page 2, for advice and explanations of symbols before proceeding.

# MICROWAVE COOKING

FOOD	COOKING TIME	MICRO POWER LEVEL	METHOD	STANDING TIME
<b>Aubergines &amp; Broccoli (fresh)</b>	4-5 Minutes 225g (8oz)	HIGH	Slice. Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Beans (green) (fresh)</b>	5-6 Minutes 225g (8oz)	HIGH	Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Brussels Sprouts (fresh)</b>	5-6 Minutes 225g (8oz)	HIGH	Add 45ml (3tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Cabbage, Carrots, Cauliflower &amp; Celery (fresh)</b>	4-5 Minutes 225g (8oz)	HIGH	Slice or break into florets. Add 30ml (2tbsp) of water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Corn on the Cob (fresh)</b>	6-7 Minutes 2 cobs	HIGH	Add 45ml (3tbsp) water. Cover dish. Turn over halfway through cooking.	2 Minutes
<b>Courgettes &amp; Leeks (fresh)</b>	4-5 Minutes 225g (8oz)	HIGH	Slice. Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Parsnips &amp; Spinach (fresh)</b>	5-6 Minutes 225g (8oz)	HIGH	Slice. Add 45ml (3tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Peas (fresh)</b>	4-5 Minutes 225g (8oz)	HIGH	Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Potatoes, Jacket (250g (9oz) each) (fresh)</b>	9-10 Minutes 2 potatoes	HIGH	Prick in several places. Place on the edge of the turntable.	4 Minutes
<b>Potatoes, boiled (old &amp; new) (fresh)</b>	9-10 Minutes 450g (1lb)	HIGH	Cut into quarters. Add 60ml (4tbsp) water. Cover. Stir halfway through cooking.	4 Minutes
<b>Swede &amp; Turnips (fresh)</b>	7-8 Minutes 225g (8oz)	HIGH	Dice. Add 45ml (3tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
<b>Beans &amp; Cabbage (green) (frozen)</b>	5-6 Minutes 225g (8oz)	HIGH	Place in a dish. Add 15ml (1tbsp) water. Cover. Stir halfway through cooking.	2 Minutes
<b>Broccoli, Leaf Spinach &amp; Brussels Sprouts (frozen)</b>	6-7 Minutes 225g (8oz)	HIGH	Place in a dish. Add 15ml (1tbsp) water. Cover. Stir halfway through cooking.	2 Minutes
<b>Carrots (sliced) (frozen)</b>	5-6 Minutes 225g (8oz)	HIGH	Place in a dish. Add 15ml (1tbsp) water. Cover. Stir halfway through cooking.	3 Minutes
<b>Cauliflower (florets) (frozen)</b>	5-6 Minutes 225g (8oz)	HIGH	Place in a dish. Add 15ml (1tbsp) water. Cover. Stir halfway through cooking.	2 Minutes
<b>Corn on the Cob (frozen)</b>	10-11 Minutes 2 cobs	HIGH	Place in a dish. Cover. Turn over halfway through cooking.	3 Minutes
<b>Peas, Sweetcorn &amp; Mixed Vegetables (frozen)</b>	5-6 Minutes 225g (8oz)	HIGH	Place in a dish. Cover. Stir halfway through cooking.	2 Minutes
<b>Apples &amp; Rhubarb</b>	5-6 Minutes 450g (1lb)	HIGH	Peel and slice. Place in a dish and cover. Stir during cooking.	2 Minutes
<b>Blackberries, Raspberries Blackcurrants Redcurrants Gooseberries</b>	5-6 Minutes 450g (1lb)	HIGH	Place in a dish and cover. Stir during cooking.	2 Minutes

**Note:** Ensure you read all cookery notes on page 2, for advice and explanation of symbols before proceeding.

## MICROWAVE REHEATING

FOOD	METHOD	COOKING TIME	COOKING MODE
Canned foods (soups, beans, vegetables, etc.)	Remove from the can. Place in a dish, cover. Stir halfway through cooking. Stand for 2 minutes after cooking.	5-6 Minutes for 425g (15oz) can	HIGH
Christmas pudding	Place in a flan dish. Do not exceed cooking time advised by food manufacturer. Stand for 30 seconds after cooking.	30-40 seconds for 125g (5oz) slice	MEDIUM HIGH
	As above	50sec/1 Minute for 175g (6oz) pudding	MEDIUM HIGH
	Place in a flan dish. Do not exceed cooking time advised by food manufacturer. Stand for 1 minute after cooking.	3-4 Minutes for 450g (1lb) pudding	MEDIUM HIGH
Bread rolls/ Croissants	Place on the turntable	20-30 seconds for 2	MEDIUM HIGH
Sausage rolls (cooked, chilled approx. 50g (2oz) each)	Preheat oven to 220°C. Place in a flan dish on the low rack. Stand for 2 minutes after cooking.	5-6 Minutes for 6 sausage rolls	Preheated oven. DUAL COOK 220°C, MEDIUM LOW.
Quiche, (cooked, chilled)	Preheat oven to 200°C. Remove foil container. Place in a flan dish on the low rack. Stand for 3 minutes after cooking.	8-10 Minutes for 450g (1lb) quiche	Preheated oven. DUAL COOK 200°C, MEDIUM LOW.
Meat Pie (cooked, chilled)	Preheat oven to 200°C. Remove foil container. Place in a flan dish on the low rack. Stand for 3 minutes after cooking.	8-9 Minutes for 450g (1lb) pie	Preheated oven. DUAL COOK 200°C, MEDIUM.
Fruit Pie (cooked, chilled)	Preheat oven to 200°C. Remove foil container. Place in a flan dish on the low rack. Stand for 3 minutes after cooking.	7-8 Minutes for 450g (1lb) pie	Preheated oven. DUAL COOK 200°C, LOW.

**Note:** Ensure you read all cookery notes on page 2, for advice and explanation of symbols before proceeding.

## CONVERSION CHARTS

WEIGHT MEASURES		VOLUME MEASURES		SPOON MEASURES	
15g	1/2oz	30ml	1floz	1.25ml	1/4 teaspoon
25g	1oz	100ml	3floz	2.5ml	1/2 teaspoon
50g	2oz	150ml	5floz (1/4 pint)	5ml	1 teaspoon
100g	4oz	300ml	10floz (1/2 pint)	10ml	1 tablespoon
175g	5oz	600ml	20floz (1 pint)		
225g	8oz				
450g	1lb				

## STARTERS

### BAKED AVOCADOS WITH HAM

SERVES 2 OR 4

**50g (2oz) butter**

**50g (2oz) fresh brown breadcrumbs**

**100g (4oz) cooked ham, finely chopped**

**90ml (6tbsp) double cream**

**salt and pepper to taste**

**5ml (1tsp) fresh parsley, chopped**

**2 large ripe avocados (see Tip, page 45)**

**15ml (1tbsp) lemon juice (see Tip, page 53)**

**50g (2oz) cheese, grated**

Garnish with fresh sprigs of parsley to serve

PREPARATION TIME - 8 MINUTES

1 Place the butter in a bowl and heat on HIGH for 40 seconds. Stir in the breadcrumbs and ham, add enough cream to bind the mixture. Season with salt and pepper to taste and stir in the parsley, cook on HIGH for 2 minutes.

2 Cut the avocados in half, remove the stone and brush the flesh with lemon juice. Fill each avocado half with the breadcrumb mixture.

3 Place the avocados in a large flan dish and sprinkle with the grated cheese.

4 Place the dish on the high rack, use sequence programming to cook on HIGH for 1 minute, then on GRILL for 5 minutes until brown and crispy.

### GARLIC PRAWNS

SERVES 6

**50g (2oz) butter**

**3 cloves garlic, crushed (see Tip, page 29)**

**250g (9oz) tiger prawns, cooked and peeled**

**15ml (1tbsp) fresh parsley, chopped**

*Variation:*

**Garlic Mushrooms:** Substitute prawns with 175g (6oz) mushrooms cut into quarters.

PREPARATION TIME - 4 MINUTES

1 Heat the butter on HIGH for 30 seconds. Stir in the garlic and cook on HIGH for a further 30 seconds.

2 Stir in the prawns and cook on MEDIUM for 7 minutes, stirring every minute. Sprinkle with parsley to serve. Serve in ramekin dishes with French bread.



Mushroom Soup (page 12); Greek Lentil Soup (page 12); Baked Avocados with Ham (page 11); Garlic Prawns (page 11).

## STARTERS

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### MUSHROOM SOUP

---

SERVES 4

1 medium onion, chopped
175g (6oz) mushrooms, sliced
25g (1oz) butter
25g (1oz) plain flour
450ml (3/4 pint) hot vegetable stock
2.5ml (1/2 tsp) dried marjoram (see Tip, page 20)
salt and pepper to taste
300ml (1/2 pint) milk

PREPARATION TIME - 6 MINUTES

- 1 Cook the onion, mushrooms and butter together in a bowl on HIGH for 3 minutes.
- 2 Stir in the flour to form a paste, gradually add the stock.
- 3 Stir in the marjoram, salt and pepper to taste. Cook on HIGH for 8 minutes, stir after 4 minutes.
- 4 Blend and add the milk, cook on HIGH for 6 minutes.

### BROCCOLI & BLUE CHEESE SOUP

---

SERVES 4

15ml (1tbsp) sunflower oil
1 large onion, finely chopped
400g (14oz) broccoli, broken into small florets
1 litre (1 3/4 pints) hot vegetable stock
300ml (1/2 pint) low fat natural yoghurt
100g (4oz) Blue Stilton/Danish Blue, crumbled
salt and pepper to taste

PREPARATION TIME - 8 MINUTES

- 1 Place oil, onion and broccoli in a large bowl, mix well. Cover and cook on HIGH for 5 minutes.
- 2 Add the stock, mix well. Cover and cook on HIGH for 10 minutes.
- 3 Blend in a food processor. Return to bowl, stir in yoghurt and cheese. Season. Heat on MEDIUM HIGH for 8 minutes, stir every 2 minutes.

### GREEK LENTIL SOUP

---

SERVES 4

45ml (3tbsp) olive oil
1 small onion, chopped
1 clove garlic, crushed (see Tip, page 29)
1 medium carrot, chopped
1 stick celery, chopped
100g (4oz) dried red lentils
2.5ml (1/2tsp) dried thyme (see Tip, page 20)
2.5ml (1/2tsp) dried marjoram (see Tip, page 20)
175g (6oz) canned, chopped tomatoes
900ml (1 1/2 pints) hot vegetable stock
salt and pepper to taste

PREPARATION TIME - 8 MINUTES

- 1 Combine the olive oil, onion and garlic together in a large bowl and heat on HIGH for 2 minutes.
- 2 Add the carrot and celery, mix well. Cook on HIGH for 3 minutes.
- 3 Add the lentils, thyme, marjoram, tomatoes and stock, season and mix well.
- 4 Cook on HIGH for 5 minutes and then on MEDIUM for 25 minutes or until the lentils are tender. Stir every 5 minutes.

### TOMATO & ORANGE SOUP

---

SERVES 4

25g (1oz) butter
1 medium onion, finely chopped
1 large carrot, finely chopped
1 large potato, finely chopped
800g (1 3/4 lb) canned, chopped tomatoes
juice and grated rind of 1 medium orange
900ml (1 1/2 pints) hot vegetable stock
salt and pepper to taste

PREPARATION TIME - 10 MINUTES

- 1 Melt the butter in a large bowl on HIGH for 30 seconds.
- 2 Add the onion, carrot and potato and heat on HIGH for 6 minutes, stir after 3 minutes.
- 3 Add the tomatoes, orange juice, orange rind and stock. Season to taste, mix thoroughly. Cover the bowl and cook on HIGH for 18 minutes or until the vegetables are tender.

## STARTERS

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### SMOKED FISH PATE

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SERVES 6

60ml (4tbsp) cold water  
350g (12oz) smoked Haddock fillet  
juice and grated rind of 1 lemon  
salt and pepper to taste  
75g (3oz) butter  
10ml (2tsp) fresh chives, chopped  
175g (6oz) low fat cream cheese (Tip, page 56)

*Suitable starter for a dinner party, serve with melba toast and crudités.*

PREPARATION TIME - 8 MINUTES

- 1 Add 60ml (4tbsp) water to the fish. Cover and cook on HIGH for 4 minutes. Drain. Remove skin, bones and flake the fish. Stir in the lemon juice and rind. Season.
- 2 Place the butter in a small bowl and melt on HIGH for 30 seconds. Stir the butter into the fish. Add the chives and cream cheese, mix well.
- 3 Place equal quantities of pâté into six ramekin dishes. Chill for approximately 2-3 hours before serving.

### SALAD PROVENCAL

---

SERVES 2 - 4

225g (8oz) courgettes, sliced  
1/2 red pepper, seeded and sliced  
1/2 green pepper, seeded and sliced  
1 small aubergine, sliced  
60ml (4tbsp) olive oil  
8 cherry tomatoes  
2 cloves garlic, crushed (see Tip, page 29)  
30ml (2tbsp) fresh parsley, chopped  
50g (2oz) whole black olives  
15ml (1tbsp) lemon juice (see Tip, page 53)  
salt and pepper to taste

*Serve with French Dressing*

PREPARATION TIME - 8 MINUTES

- 1 Place the courgettes, red and green pepper, aubergine and olive oil in a large bowl, cook on MEDIUM HIGH for 6 minutes or until the vegetables have softened. Stir after half the cooking time.
- 2 Stir in the remaining ingredients and cook on MEDIUM HIGH for a further 5 minutes. Toss gently and transfer to a serving dish, chill before serving.



### VOL-AU-VENTS

---

SERVES 8 - 10

20 medium vol-au-vent cases  
milk to glaze  
125g (5oz) cooked chicken, finely chopped  
3 spring onions, finely sliced  
100g (4oz) mushrooms, finely chopped  
5ml (1tsp) fresh parsley, chopped  
salt and pepper to taste  
sauce:  
50g (2oz) butter  
50g (2oz) plain flour  
300ml (1/2 pint) milk  
2.5ml (1/2tsp) nutmeg, grated  
fresh chives, chopped to garnish

PREPARATION TIME - 12 MINUTES

- 1 Preheat the oven to CONVECTION 220°C.
- 2 Place vol-au-vent cases on two large, greased flan dishes and brush with milk. Place one dish on the high rack and the other on the low rack.
- 3 Bake in preheated oven on CONVECTION 220°C for 15-16 minutes until golden. Cool.
- 4 Place chicken, spring onions, mushrooms, parsley, salt and pepper in a bowl, mix well. Cover and cook on HIGH for 3 minutes.
- 5 To prepare the sauce, melt butter in a small bowl on HIGH for 30 seconds, stir in the flour and gradually add the milk. Cook on HIGH for 4 minutes, stir every minute until smooth and thick. Stir in the nutmeg and chicken mixture.
- 6 Fill vol-au-vent cases with chicken mixture and sprinkle with the chives. Chill before serving.

*Ideal for buffets or special occasions.*

## STARTERS

### SALMON AND CHEESE PARCELS

SERVES 4

225g (8oz) salmon fillet, cooked, flaked

225g (8oz) canned asparagus, chopped

225g (8oz) cream cheese and chives

Salt and pepper to taste

15ml (1tbsp) fresh dill, chopped

450g (1lb) puff pastry

1 egg to glaze

PREPARATION TIME - 18 MINUTES

- 1 Place the salmon, cream cheese, asparagus, seasoning and dill in a bowl, mix well. Cook for 2 minutes on MEDIUM HIGH, stirring once. Leave to cool.
- 2 Preheat the oven to 200°C.
- 3 Roll out and cut pastry into four 15.3cm (7") squares.
4. Divide salmon and mixture into 4 and place in the centre of each square. Brush edges with egg. Form parcels by folding the corners over the filling. Pinch edges to form a raised edge. Brush with egg. Place in two large, greased flan dishes or round baking trays.
5. Place one dish on the low rack, the other on the high rack. Cook on 200°C for 20 minutes. Swap over the trays and cook for a further 10 minutes until golden.

Fresh chives, chopped to garnish.



Salmon and Cheese parcels (page 14); Crispy Stuffed Mushrooms (page 14); Salad Provencal (page 13)

### CRISPY STUFFED MUSHROOMS

SERVES 4

12 medium open cap mushrooms

75g (3oz) butter

2 cloves garlic, crushed (See Tip, page 29)

75g (3oz) fresh breadcrumbs

50g (2oz) cheese, grated

PREPARATION TIME - 6 MINUTES

- 1 Remove and chop mushroom stalks. Place mushroom caps in a large flan dish open side up.
- 2 Heat butter with garlic on HIGH for 1 minute, stir in chopped mushroom stalks and breadcrumbs. Fill mushrooms with mixture, sprinkle with cheese.
- 3 Place dish on the high rack and cook on DUAL GRILL, MEDIUM for 6 minutes.

**Variation:**

**Stilton Stuffed Mushrooms:** Omit garlic and grated cheese. Add 100g (4oz) Stilton, crumbled at Stage 2.

## FISH & BULGAR WHEAT SALAD

SERVES 4

A VERY REFRESHING AND COMPLIMENTARY WAY TO SERVE FISH.

**225g (7oz) bulgar wheat or couscous**  
**600ml (1pint) boiling water**  
**30ml (2tbsp) olive oil**  
**1 large onion, chopped**  
**1 stick of celery, chopped**  
**2 medium courgettes, chopped**  
**300ml (1/2 pint) hot fish stock**  
**100g (4oz) cabbage, shredded**  
**100g (4oz) green beans**  
**10 cherry tomatoes**  
**450g (1lb) Hoki or Cod fillets, in small chunks**  
**2.5ml (1/2tsp) ground coriander**  
**salt and pepper to taste**  
**30ml (2tbsp) olive oil**  
**30ml (2tbsp) fresh mint, chopped**  
**juice and grated rind of half a lemon**

PREPARATION TIME - 15 MINUTES

- 1 Place bulgar wheat in a large bowl, add boiling water, mix well and heat on MEDIUM for 7 minutes. Leave to stand, do not drain.
- 2 Place 30ml (2tbsp) of the olive oil and onion in a bowl, heat on HIGH for 1 minute. Add celery and courgettes, mix well and cook on HIGH for 3 minutes.
- 3 Add the stock. Cook on MEDIUM for 6 minutes. Add cabbage, beans, tomatoes and fish, mix well. Season with coriander, salt and pepper. Cook on MEDIUM for 8 minutes until fish is cooked.
- 4 Drain and rinse bulgar wheat in boiling water, stir in the olive oil, mint, lemon juice and lemon rind. Stir in the fish mixture. Allow to chill before serving.

*Most of the remaining juice will be absorbed whilst chilling.*



Fish Kebabs (page 16); Cheesy Goujons (page 16); Fish and Bulgar Wheat Salad (page 15).

## FISH

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### GRILLED TUNA STEAK WITH TARRAGON

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SERVES 4

5ml (1tsp) green peppercorns, crushed  
15ml (1tbsp) fresh tarragon  
2.5ml (1/2tsp) salt  
4 fresh tuna steaks (approx. 250g (9oz) each)  
juice and grated rind of 2 medium oranges  
olive oil to sprinkle  
15ml (1tbsp) cornflour mixed with  
15ml (1tbsp) water

Serve with new potatoes and fresh vegetables.

PREPARATION TIME - 35 MINUTES

- 1 Mix peppercorns, tarragon and salt. Rub evenly onto the steaks and arrange in a flan dish, add orange juice and rind. Sprinkle generously with oil. Marinade in fridge for 30 minutes.
- 2 Place on low rack, use sequence cooking to cook on MEDIUM for 10 minutes, then on DUAL GRILL, MEDIUM for 8 minutes.
- 3 Remove fish steaks from flan dish. Stir cornflour mixture into remaining juice. Heat on HIGH for 3 minutes until thickened, stir after 1 minute.
- 4 Return the fish steaks to the sauce and heat on MEDIUM HIGH for 1 minute.

### CHEESY GOJONS

---

SERVES 4

450g (1lb) white fish fillets  
100g (4oz) fresh white breadcrumbs  
50g (2oz) Parmesan cheese  
salt and pepper to taste  
1 egg (size 3), beaten  
olive oil

PREPARATION TIME - 8 MINUTES

- 1 Cut fish into thin strips approx. 6.4cm (2.5") long.
- 2 Combine breadcrumbs and cheese. Season.
- 3 Dip fish strips first into egg, then into breadcrumb mixture, coat evenly.
- 4 Brush a large flan dish with olive oil and spread half the coated fish in a single layer over the base.
- 5 Place on high rack. Cook on DUAL GRILL, LOW for 12 minutes, turn over after 7 minutes. Repeat for the remaining fish.

### FISH KEBABS

---

SERVES 4

4 wooden skewers  
2 courgettes, cut into 8 chunks  
4 medium mushrooms, stalks removed  
450g (1lb) firm fleshed fish skinned and cut into 8 cubes  
4 slices of orange  
2 firm medium tomatoes, halved  
5ml (1tsp) fresh dill, chopped  
50g (2oz) butter

PREPARATION TIME - 10 MINUTES

- 1 Thread pieces of courgette, mushroom, fish, orange and tomato onto each skewer in a regular sequence. Leave no wood exposed.
- 2 Heat the dill and butter in a small bowl on HIGH for 1 minute. Brush kebabs with the dill butter, place in a flan dish on the high rack.
- 3 Cook on DUAL GRILL, MEDIUM for 12 minutes. Turn over and rearrange the kebabs every 4 minutes.

### KEDGEREE

---

SERVES 4

350g (12oz) smoked Haddock  
100g (4oz) butter  
1 large onion, finely chopped  
225g (8oz) white long grain rice  
600ml (1 pint) boiling water  
150ml (1/4 pint) single cream  
4 hard boiled eggs (size 3), chopped  
salt and pepper to taste

PREPARATION TIME - 8 MINUTES

- 1 Arrange haddock in a single layer in a large flan dish, cover. Cook on HIGH for 5 minutes. Remove any skin and bones from fish, flake flesh.
- 2 Place butter in a large bowl, heat on HIGH for 30 seconds until melted. Stir in onion, cook on HIGH for a further 30 seconds. Stir in rice and boiling water, cook on MEDIUM HIGH for 14-15 minutes until rice is tender. Stir 2-3 times during cooking. Drain if necessary.
- 3 Add fish, cream, eggs, seasoning, mix well. Cook on HIGH for 4-5 minutes, stir after 2 minutes.

Garnish with parsley to serve.

# FISH

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## PAELLA

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SERVES 4

**200g (7oz) white long grain rice**  
**600ml (1 pint) hot chicken stock**  
**2.5ml (1/2tsp) turmeric**  
**salt and pepper to taste**  
**1 red pepper, seeded and sliced**  
**100g (4oz) prawns, peeled and cooked**  
**100g (4oz) peas**  
**100g (4oz) cockles, cooked**  
**100g (4oz) mussels, cooked**  
**100g (4oz) whole baby corn**  
**225g (8oz) chicken, cooked and chopped**

---

PREPARATION TIME - 6 MINUTES

- 1 Place the rice in a large bowl and add the stock, turmeric and seasoning. Cook on MEDIUM HIGH for 14-15 minutes, until the rice is tender, stir 2-3 times during cooking. Drain.
- 2 Stir in the pepper, prawns, peas, cockles, mussels, baby corn and chicken. Cook on HIGH for 6 minutes, stirring halfway through cooking.

## TROUT WITH ORANGE & ALMONDS

---

SERVES 2

**2 medium trout (approx. 225g (8oz) each)**  
**salt and pepper to taste**  
**juice and rind of 1 orange**  
**50g (2oz) flaked almonds**

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*Garnish with slices of orange to serve.*

PREPARATION TIME - 6 MINUTES

- 1 Wash the trout. Discard heads and tails and pat dry. Place in a large flan dish, pierce in several places. Season. Pour over the orange juice and sprinkle with the rind and flaked almonds.
- 2 Place on low rack, cook on DUAL GRILL, MEDIUM for 9-10 minutes. Turn over halfway through cooking.

## RED MULLET WITH HOLLANDAISE SAUCE

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SERVES 4

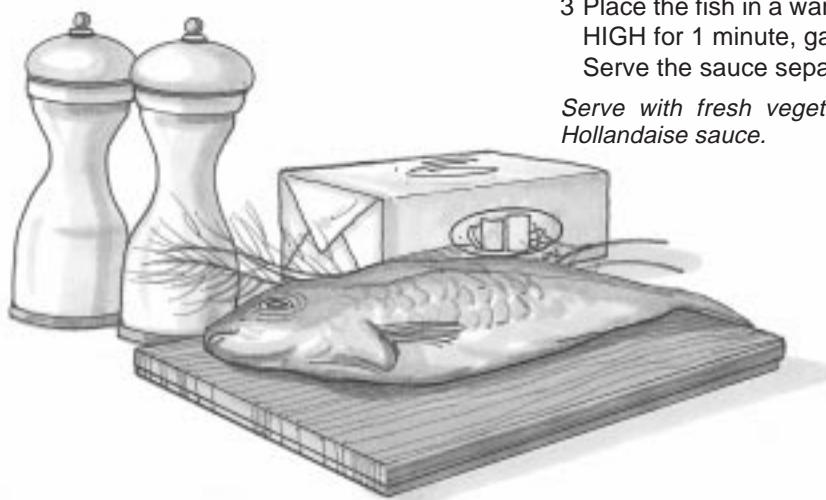
**4 fresh red Mullet**  
**salt and pepper to taste**  
**25g (1oz) butter**  
**150ml (1/4 pint) Hollandaise sauce (see page 65)**  
**fresh fennel to garnish**

---

PREPARATION TIME - 18 MINUTES

- 1 Rinse the fish under cold water, pat dry with kitchen paper. Season with salt & pepper. Place in a large flan dish, pierce the fish in several places. Dot with butter. Cover and cook on HIGH for 6-7 minutes per 450g (1lb).
- 2 Prepare the sauce.
- 3 Place the fish in a warm serving dish, reheat on HIGH for 1 minute, garnish with fennel. Serve the sauce separately.

*Serve with fresh vegetables, new potatoes and Hollandaise sauce.*



## FISH

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### FISH FILLET WITH LEEK-CHEESE-SAUCE

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SERVES 4

3 leeks, cut into rings
50g (2oz) butter or margarine
175g (6oz) spring onion, cut in rings
1/2 tsp (2.5ml) dried marjoram
40g (3/4 oz) flour
500ml (3/4 pint) milk
100g (4oz) grated gruyere
salt, pepper
1 1/2 tbsp (7.5ml) chopped parsley
800g (1 3/4 lb) fish fillet (e.g. cod)

#### PREPARATION

- 1 Put leeks, butter, onions and marjoram in a casserole and heat for 3-4 mins on HIGH.
- 2 Stir in the flour and add the milk. Stir to a smooth sauce.
- 3 Cook for 3-4 mins on HIGH uncovered.
- 4 Stir in the cheese and taste for seasoning.
- 5 Place fish fillet in a large bowl and pour the sauce over.
- 6 Cook on HIGH for 25 minutes.
- 7 After cooking take out the fish and stir in the sauce well. Garnish with chopped parsley.

### FISH FILLET WITH PIQUANT SAUCE

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SERVES 4

1 tin (825g) canned tomatoes, drain
1 tin (280g) corn
2-3tsp (30-45ml) chili sauce
40g (1 3/4 oz) onion, finely chopped
3 tsp (45ml) red wine vinegar
1/4 tsp (1.25ml) mustard
1 tsp (5ml) thyme
1 tsp (5ml) cayenne pepper
800g (1 3/4 lb) fish fillet (e.g. salmon)

#### PREPARATION

- 1 Mix ingredients of sauce together.
- 2 Place fish fillet (e.g. rosefish fillet) in a bowl and spread the sauce on the fish fillet.
- 3 Cook on MEDIUM HIGH for 25 minutes.

## CASSEROLE

---

SERVES 6

4tbsp (60ml) plain flour
1 1/2tsp (7.5ml) salt
1 1/2tsp (7.5ml) pepper
3tsp (15ml) mixed herbs
500g (1lb 2oz) braising steak (sliced thinly)
3 streaky bacon rashers (chopped)
25g (1oz) butter
100g (4oz) carrot (sliced thinly)
100g (4oz) baby onions (whole)
200g (7oz) potatoes, peeled and chopped
1 beef stock cube
200ml hot water
200ml red wine
50g (2oz) button mushrooms (sliced)

#### PREPARATION TIME - 15 MINUTES

- 1 Mix together the flour, salt, pepper and herbs and toss the beef and bacon in the seasoned flour until well coated.
- 2 Put the butter in the microwave bowl and melt on HIGH for 40-60 seconds. Stir in the beef, bacon, carrot, onions and potatoes.
- 3 Pour in the beef stock and wine, add the mushrooms, cover loosely and cook on MEDIUM LOW for 45 minutes. Leave to stand for 5 minutes before serving, so that the meat relaxes to improve the temperature.

# MEAT

## SAUSAGE & CELERY PLAIT

SERVES 4

pastry:

100g (4oz) plain flour

125g (5oz) plain wholemeal flour

100g (4oz) margarine

cold water to mix

filling:

3 sticks celery, sliced

100g (4oz) mushrooms, chopped

1 small onion, finely chopped

225g (8oz) low fat sausages, skinned and mashed

10ml (2tsp) mild curry paste

2.5ml (1/2tsp) dried basil (see Tip, page 20)

salt and pepper to taste

1 egg (size 3), beaten to glaze

sunflower seeds to sprinkle

### Microwave Tip: Toasting Almonds

Place 25g (1oz) almonds in a shallow flan dish with a knob of butter, heat on HIGH for 3 minutes, stir every minute until golden.

PREPARATION TIME - 25 MINUTES

- 1 Place flours in a bowl, rub in the margarine until the mixture resembles fine breadcrumbs. Combine with enough cold water to make a firm dough. Chill whilst preparing the filling.
- 2 Place celery, mushrooms and onion in a bowl. Cook on HIGH for 4-5 minutes. Stir halfway through cooking.
- 3 Add sausage, curry paste, basil and seasoning.
- 4 Preheat the oven to 220°C.
- 5 Roll out pastry to make a rectangle 30 x 23cm (12 x 9"). Spoon sausage mixture down the centre in a band 6cm (2.4") wide.
- 6 Make diagonal cuts in pastry 1cm (1/2") apart down each side of the filling and brush with a little of the beaten egg.
- 7 Fold end of pastry over the meat, fold pastry strips alternately from each side over the filling to create a plait. Place plait in a greased flan dish, brush with egg. Sprinkle with sunflower seeds.
- 8 Place on low rack and bake in a preheated oven on DUAL COOK 220°C, MEDIUM for 17-18 minutes.

## PORK & COURGETTE TART

SERVES 4

pastry:

225g (8oz) plain flour

100g (4oz) butter

1 egg (size 3), beaten

cold water to mix

filling:

450g (1lb) courgettes, in narrow 7.6cm (3") strips

60ml (4tbsp) water

225g (8oz) lean minced pork

1 large onion, finely chopped

1 clove garlic, crushed

10ml (2tsp) fresh rosemary, chopped

300ml (1/2 pint) soured cream

2 eggs (size 3), beaten

2 egg yolks (size 3), beaten

2.5ml (1/2tsp) nutmeg

salt and pepper to taste

PREPARATION TIME - 20 MINUTES

- 1 To prepare pastry, place flour in a bowl and rub in butter until mixture resembles fine breadcrumbs. Stir in egg and enough cold water to form a soft but not sticky dough. Line a greased 25.4cm (10") flan with pastry. Chill whilst preparing the filling.
- 2 Place courgettes and water in large bowl. Cover, cook on HIGH for 5 minutes. Drain, put to one side.
- 3 Place pork, onion, garlic and rosemary in a bowl and cook on HIGH for 8 minutes, stirring 2-3 times during cooking. Drain, put to one side.
- 4 Arrange half the courgettes on the pastry base, spread pork mixture evenly on top. Arrange the remaining courgettes on top in a circular fan shape.
- 5 Combine the cream, whole eggs & yolk, nutmeg, salt and pepper until smooth, pour over the tart.
- 6 Place on the low rack and cook on DUAL BAKE 200°C, MEDIUM-LOW for 35-40 minutes until set and evenly brown.



# MEAT

## PICNIC PASTIES

SERVES 4



**200g (7oz) cooked ham, roughly chopped**

**25g (1oz) margarine**

**100g (4oz) button mushrooms, finely sliced**

**4-6 spring onions, finely sliced**

**5ml (1tsp) dried mixed herbs**

**salt and pepper to taste**

**100g (4oz) cheese, grated**

**pastry:**

**100g (4oz) plain flour**

**100g (4oz) plain wholemeal flour**

**5ml (1tsp) dried mixed herbs (Tip , this page)**

**salt and pepper to taste**

**100g (4oz) margarine**

**cold water to mix**

**1 egg (size 3), beaten to glaze**

PREPARATION TIME - 15 MINUTES

1 Combine ham, margarine, mushrooms, onion, herbs and seasoning. Cook on HIGH for 2-3 minutes. Stir in cheese, allow to cool.

2 To make pastry mix flour, herbs and seasoning. Rub in margarine until mixture resembles breadcrumbs. Add enough water to form a soft dough. Roll out pastry, cut out four 20.4cm (8") circles of pastry and dampen edge with water.

3 Spoon ham mixture into the centre of each pastry circle. Fold pastry over to form a semi-circle pasty. Pinch edges together and brush surface with egg. Place two pasties in a greased flan dish.

4 Place on high rack and cook on DUAL GRILL, MEDIUM HIGH for 5-6 minutes until brown and crispy. Repeat for the remaining two pasties.

### Microwave Tip: Drying herbs

Place a handful of fresh herbs between two sheets of kitchen paper on the turntable. Heat on MEDIUM HIGH for 3 minutes until dry. Ensure the herbs do not become too dry. Woody herbs take a little longer to dry than leafy herbs.



Beef Stroganoff (page 21); Picnic Pasties (page 20).

# MEAT

## BACON AND STILTON PIE

SERVES 6

175g (6oz) self raising flour

pinch of salt

150ml (1/4 pint) water

88g (3oz) shredded suet

1 tbsp olive oil

1 small onion, chopped

100g (4oz) back bacon, diced

225g (8oz) leeks, thinly sliced

75g (3oz) stilton, crumbled

4 tbsp (60ml) single cream

seasoning

beaten egg to glaze

PREPARATION TIME - 15 MINUTES

- 1 Sift the flour and salt into a large mixing bowl and stir in the suet.
- 2 Gradually mix in 150ml water until you have a soft dough, knead lightly on a floured work surface, roll out a bottom and top.
- 3 Cook onion and bacon in oil for 2 minutes on HIGH
- 4 Add leeks and cook for 5 minutes on HIGH.
- 5 Stir in the Stilton, the cream and seasoning.
- 6 Put the filling on the pastry.
- 7 Seal the pie with the top and brush with egg.
- 8 Bake for 15 minutes on MEDIUM LOW 250°C.

## MEXICAN TACOS

SERVES 4



225g (8oz) lean minced beef, pork or lamb

2 cloves garlic, crushed (see Tip, page 29)

1 small onion, chopped

2 fresh, green chillis, chopped

225g (8oz) canned, chopped tomatoes

100g (4oz) canned, red kidney beans

8 taco shells, pre-cooked

175g (6oz) Cheddar cheese, grated

PREPARATION TIME - 15 MINUTES

- 1 Place the mince, garlic and onion in a bowl, mix well. Cook on HIGH for 7-8 minutes, stir twice.
- 2 Stir in chillis, tomatoes and beans. Cook on HIGH for 15 minutes. Place taco shells on kitchen paper on turntable. Heat on HIGH for 1-2 minutes. Fill with chilli bean mixture, sprinkle with cheese.
- 3 Pack tacos together, open end up in a large casserole or flan dish. Place on turntable, cook on DUAL GRILL, MEDIUM LOW for 7-8 minutes.



*Mexican dish of spicy filled corn tortillas. Serve with Guacamole, soured cream and crisp salad.*

## BEEF STROGANOFF

SERVES 4

1kg (2lb) rump steak, cut into strips

50g (2oz) plain flour

salt and pepper to taste

1 large onion, finely chopped

30ml (2tbsp) tomato purée

450ml (3/4 pint) hot beef stock

150ml (1/4 pint) red wine

100g (4oz) mushrooms, thinly sliced

150ml (1/4 pint) soured cream

PREPARATION TIME - 10 MINUTES

- 1 Place the steak, flour, salt and pepper in a 2.5 litre (approx. 4 pint) casserole dish, mix well.
- 2 Stir in the onion, purée, stock and wine. Cover and cook on MEDIUM for 40 minutes, stir 2-3 times during cooking.
- 3 Stir in mushrooms, cook on MEDIUM for 6-7 minutes.
- 4 Stir in the cream before serving.

*Serve on a bed of tagliatelle or rice.*

# MEAT

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## BOLOGNESE SAUCE

---

SERVES 4

**50g (2oz) butter**

**45ml (3tbsp) vegetable oil**

**2 small onions, finely chopped**

**2 sticks of celery, finely chopped**

**2 cloves garlic, crushed (see Tip, page 29)**

**3 rashers of bacon, finely chopped**

**1 bay leaf**

**400g (14oz) canned, chopped tomatoes**

**30ml (2tbsp) tomato purée**

**450g (1lb) lean minced beef**

**30ml (2tbsp) dried mixed herbs (see Tip, page 20)**

**300ml (1/2 pint) dry red wine**

**300ml (1/2 pint) hot beef stock**

**salt and pepper to taste**

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**PREPARATION TIME - 12 MINUTES**

1 Melt the butter and oil in a large bowl on HIGH for 1 minute. Stir in the onion, celery, garlic and bacon. Cover and cook on HIGH for 6 minutes.

2 Add the bay leaf, tomatoes, purée and minced beef to the vegetable mixture. Cook on HIGH for 8 minutes, stir 2-3 times during cooking.

3 Add herbs, wine, stock. Season, mix well. Cover and cook on HIGH for 5 minutes, then for 20-22 minutes on MEDIUM until sauce is thick. Stir 2-3 times during cooking. Serve hot with spaghetti.

**Shepherd's Pie:** Make as above, omit wine. Place in a dish and top with 700g (1½lb) mashed potato. Place on turntable and cook on DUAL GRILL, MEDIUM HIGH for 9-10 minutes until evenly brown.

**Chilli con carne:** Make as above. At Stage 3 add 450g (1lb) canned red kidney beans and 5-15ml (1-3tsp) chilli powder, to taste.

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## STEAK AND KIDNEY PUDDING

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SERVES 4

**450g (1lb) stewing steak, chopped**

**100g (4oz) kidney, chopped**

**1 medium onion, chopped**

**2.5ml (½tsp) dried mixed herbs (see Tip, page 20)**

**450ml (¾ pint) beef stock**

**15ml (1tbsp) cornflour mixed with a little water**

**pastry:**

**225g (8oz) self-raising flour**

**2.5ml (½tsp) salt**

**5ml (1tsp) baking powder**

**100g (4oz) suet**

**150ml (¼ pint) cold water**

**15ml (1tbsp) milk**

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**PREPARATION TIME - 20 MINUTES**

1 Place steak, kidney, onion, mixed herbs and stock in a casserole dish. Cover and cook on MEDIUM for 45 minutes. Stir after half the cooking time and add the cornflour to thicken.

2 To make the pastry, place the flour, salt, baking powder and suet in a bowl, mix well.

3 Add enough cold water to form a soft dough. Roll out ⅔ of the pastry and use it to line the base and sides of a greased 1.2 litre (2 pint) pudding basin.

4 Fill pastry lined basin with meat. Roll out remaining pastry, cut out a circle to cover pudding. Brush with milk. Make a slit in the centre. Cover with cling film, cook on HIGH for 12 minutes.

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## KIDNEYS & MUSHROOMS IN PORT

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SERVES 4

**75g (3oz) butter**

**175g (6oz) button mushrooms**

**5 spring onions, sliced**

**2 cloves garlic, crushed (see Tip, page 29)**

**12 lambs kidneys, quartered**

**salt and pepper to taste**

**sauce:**

**150ml (¼ pint) hot vegetable stock**

**100g (4oz) red currant jelly**

**30ml (2tbsp) lemon juice (see Tip, page 53)**

**45ml (3tbsp) port**

**2.5ml (½tsp) fresh ginger, grated**

**15ml (1tbsp) arrowroot, mixed with a little water**

**PREPARATION TIME - 10 MINUTES**

1 Place butter, mushrooms, spring onion, garlic, kidneys, salt and pepper in a large bowl, mix well. Cook on HIGH for 5 minutes, stir after 2 minutes.

2 To prepare the sauce, place the stock and jelly in a bowl, heat on HIGH for 4 minutes. Add lemon juice, port and ginger. Add the arrowroot to the stock mixture. Heat on HIGH for 3-4 minutes, stirring every minute until the sauce thickens.

3. Stir the sauce into the kidney and mushroom mixture, heat on HIGH for 10-12 minutes and serve hot.

*Serve with wholemeal Basmati rice and a crisp salad.*

# MEAT

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## SPRING ROLLS WITH CHINESE VEGETABLES

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SERVES 4 - 6

**100g (4oz) lean minced lamb**

**4 spring onions, finely sliced**

**400g (14oz) canned mixed Chinese vegetables, drained & chopped**

**10ml (2tsp) ground coriander**

**5ml (1tsp) fresh ginger, grated**

**salt and pepper to taste**

**4 sheets filo pastry**

**sunflower oil to brush**

**poppy seeds to sprinkle**

*Serve as a starter to a Chinese meal.*



## BEEF WELLINGTON

---

SERVES 4

**100g (4oz) coarse liver pâté**

**100g (4oz) mushrooms, finely chopped**

**800g (1 3/4lb) fillet of beef**

**450g (1lb) puff pastry**

**1 egg (size 3), beaten to glaze**

*Beef Wellington is fillet of beef encased in pâté, mushrooms and flaky pastry. Ideal for a dinner party.*

## SUMMER PORK CASSEROLE

---

SERVES 6

**450g (1lb) potatoes, peeled and sliced**

**4tbsp hot water**

**450g (1lb) pork fillet, cut into bite-sized pieces**

**1 can peeled tomatoes**

**4-6 small courgettes, sliced**

**1tsp basil**

**salt and pepper to taste**

**100g (4oz) grated cheese**

PREPARATION TIME - 15 MINUTES

1 Place lamb and onion in a bowl, mix well. Cook on MEDIUM HIGH for 4-5 minutes, stir twice during cooking. Stir in vegetables, coriander, ginger, seasoning and divide into eight equal portions.

2 Preheat the oven to 200°C.

3 Place 1 sheet of filo pastry on a lightly floured surface, brush lightly with oil, fold in half and slice in two widthways. Repeat this process for the remaining pastry making 8 even pieces.

4 Place a portion of meat mixture in a line down a short edge of each piece of pastry. Fold pastry ends over the filling and roll up like a swiss roll.

5 Brush with oil, sprinkle with poppy seeds and place in a greased flan dish.

6 Place on low rack, cook in preheated oven CONVECTION 200°C for 22 minutes.

PREPARATION TIME - 10 MINUTES

1 Preheat the oven to CONVECTION 220°C.

2 Combine the pâté and mushrooms.

3 Roll out pastry to make a square 28cm (11") or size suited to the meat. Spread pâté and mushroom mixture over the surface. Place meat in centre.

4 Fold pastry over meat and seal edges. Place seam side down in a greased flan dish. Glaze with egg.

5 Place on low rack, bake in preheated oven CONVECTION 220°C for 45 minutes until golden.

PREPARATION TIME - 10 MINUTES

1 Place the potatoes in the water and cover. Cook for 6 minutes on HIGH. Drain and remove the potatoes with a slotted spoon.

2 Add the pork, tomatoes, courgettes, basil and seasoning to taste. Cook for 15 minutes on HIGH, stirring half way.

3 Overlap the potatoes on top of the meat mixture around the edge of the dish.

4 Cover the potatoes with cheese, place on the low rack and cook on DUAL CONVECTION, 220°C, MEDIUM for 15 minutes.

## BAKED SAMOSAS

SERVES 4-6

**225g (8oz) lean mince (lamb or beef)**

**5 spring onions, finely sliced**

**1/2 green pepper, finely chopped**

**1 small red chilli, seeded and chopped finely**

**10ml (2tsp) garam masala**

**2.5ml (1/2tsp) cumin**

**2.5ml (1/2tsp) ground turmeric**

**5ml (1tsp) ground ginger**

**25g (1oz) fresh breadcrumbs**

**1 egg (size 3), beaten to glaze**

**salt and pepper to taste**

**pastry:**

**125g (5oz) plain flour**

**100g (4oz) plain wholemeal flour**

**100g (4oz) margarine**

**75-90ml (5-6tbsp) cold water to mix**

**a little cold water to seal the pastry edges**

**1 egg (size 3), beaten to glaze**

**dried parsley to sprinkle**

*Ideal for buffets, picnics or a starter to an Indian meal.*

PREPARATION TIME - 25 MINUTES

1 Cook meat on HIGH for 6 minutes. Stir every minute. Mix in onion, pepper, chilli, garam masala, cumin, turmeric, and ginger. Add breadcrumbs and enough egg to form a stiff mixture. Season.

2 To make the pastry, place the flours in a bowl, rub in the margarine until mixture resembles breadcrumbs. Stir in enough cold water to form a soft but not sticky dough. Chill for 15 minutes.

3 Divide the dough into 12 even pieces. Roll each piece into a thin square 12.8cm (5").

4 Preheat the oven to 200°C.

5 Place a large spoonful of meat mixture into the centre of each square. Fold pastry over filling to form a triangle, dampen edges with water and pinch to seal. Glaze with egg, sprinkle with parsley. Place in two large greased flan dishes.

6 Place a dish on the low rack and the other on the high rack. Bake in preheated oven CONVECTION 220°C for 20-22 minutes.



Pork & Courgette Tart (page 19); Spring Rolls & Baked Samosas (pages 23 and 24); Sausage & Celery Plait (page 19).

# POULTRY

## CHICKEN SATAY

SERVES 4

**marinade:**

**15ml (1tbsp) groundnut oil**

**15ml (1tbsp) lemon juice (see Tip, page 53)**

**30ml (2tbsp) satay sauce**

**1 clove garlic, crushed (see Tip, page 29)**

**Tabasco sauce to taste**

**4 wooden skewers**

**450g (1lb) chicken fillets, cubed**

**PREPARATION TIME - 10 MINUTES**

1 Place all the marinade ingredients in a large bowl, mix well. Stir in the chicken, refrigerate for 2 hours to marinate.

2 Thread the chicken onto skewers leaving no wood exposed. Place in a large flan dish on the high rack. Cook on DUAL GRILL, MEDIUM HIGH for 10-12 minutes. Turn over and rearrange skewers every 3 minutes.

*Serve with Rice Pilaf, see page 46.*



*Rice Pilaf (page 47); Crispy Peking Duck (page 26); Chicken Satay (page 25).*

## HERBY DRUMSTICKS

SERVES 4

**50g (2oz) butter**

**5ml (1tsp) dried tarragon (See Tip, page 20)**

**10ml (2tsp) dried chives (See Tip, page 20)**

**15ml (1tbsp) fresh parsley, chopped**

**2 cloves garlic, crushed (see Tip, page 29)**

**salt and pepper to taste**

**8 chicken drumsticks**

**PREPARATION TIME - 4 MINUTES**

1 Place the butter in a large bowl, heat on HIGH for 30 seconds until melted. Stir in the tarragon, chives, parsley, garlic, salt and pepper.

2 Add drumsticks, coat with herby butter. Place in a large flan dish on high rack. Cook on DUAL GRILL, HIGH for 10-12 minutes, turn over, rearrange every 3-4 minutes until evenly cooked and crispy.

## POULTRY

### CHICKEN & CAMEMBERT PARCELS

SERVES 4

**4 large chicken breast fillets, skinned**

**100g (4oz) Camembert, finely chopped**

**3 spring onions, finely chopped**

**2.5ml (1/2tsp) dried parsley**

**salt and pepper to taste**

**cocktail sticks to secure**

**75g (3oz) cheddar cheese, grated**

*Sprinkle with toasted almonds to serve.*

PREPARATION TIME - 12 MINUTES

- 1 Open out chicken breasts, flatten with a rolling pin.
- 2 Place Camembert, onions, parsley and seasoning in a bowl, mix well. Place a quarter of the mixture in the centre of each breast. Fold up into a tight parcel. Secure with cocktail sticks. Ensure no filling is visible.
- 3 Place the breasts seam-side upwards in a flan dish
- 4 Place the flan dish on the high rack
- 5 Cook on DUAL GRILL HIGH for 12 minutes, turn over after 6 minutes and sprinkle with cheddar cheese.

### TURKEY WITH CORIANDER

SERVES 4

**450g (1lb) boneless turkey breast, skinned, cut into 2.5cm (1") pieces**

**grated rind of half an orange**

**10ml (2tsp) coriander seeds, toasted and crushed**

**50g (2oz) butter**

**100g (4oz) oyster mushrooms, halved**

**100g (4oz) button mushrooms**

**300ml (1/2 pint) hot vegetable stock**

**15ml (1tbsp) cornflour**

**300ml (1/2 pint) single cream**

**60ml (4tbsp) fresh coriander leaves, chopped**

**salt and pepper to taste**

PREPARATION TIME - 12 MINUTES

- 1 Place the turkey, orange rind and coriander seeds in a 2.5 litre (approx. 4 pint) casserole dish, mix well.
- 2 In a separate dish melt the butter on HIGH for 30 seconds, stir in the mushrooms and cook on HIGH for 4 minutes. Add to the turkey mixture, mix well and cook on HIGH for a further 6 minutes.
- 3 Stir in the stock and cook on MEDIUM HIGH for 16 minutes until liquid has reduced by half, stir every 4 minutes.
- 4 Stir the cornflour into the cream, add the coriander and stir into the turkey mixture. Season. Cook on MEDIUM HIGH for 6-7 minutes.

### CRISPY PEKING DUCK

SERVES 4

**2kg (4 1/2lb) oven ready duckling**

**soy sauce to brush**

**To serve:**

**32 ready made Chinese pancakes**

**1 bunch spring onions, cut into 5cm (2") fingers**

**1/2 cucumber, cut into 5cm (2") fingers**

**120ml (4floz) hoi sin sauce**

*Serve each person with 8 pancakes and some of the duckling including the skin. Serve onion, cucumber and sauce separately. Spread a little of the sauce on a pancake, top with onion, cucumber and duck. Roll up and eat.*

PREPARATION TIME - 15 MINUTES

- 1 Wash the duck and pat dry with kitchen paper. Calculate the cooking time at 10 minutes per 450g. Place the duck breast side down on the low rack and brush with soy sauce.
- 2 Cook on DUAL COOK 180°C MEDIUM for the calculated cooking time. Turn the duck over half-way through cooking, pierce lightly with a fork and brush with soy sauce.
- 3 After cooking, cut the duck (including the skin) into small pieces. Place in a large flan dish sprinkle generously with soy sauce, toss to coat evenly.
- 4 Place on high rack and GRILL for 9-10 minutes until evenly crispy, stir 2-3 times during cooking.
- 5 Heat the hoi sin sauce on HIGH for 1 minute.
- 6 To reheat the pancakes, stack in a clean, damp tea towel, heat on MEDIUM HIGH for 3 minutes.



# POULTRY

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## CHICKEN CACCIATORE

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SERVES 4

225g (8oz) mushrooms, sliced

1 medium onion, chopped

1 clove garlic, crushed (see Tip, page 29)

60ml (4tbsp) tomato purée

300ml (1/2 pint) red wine

5ml (1tsp) dried oregano (see Tip, page 20)

5ml (1tsp) dried parsley (see Tip, page 20)

salt and pepper to taste

4 chicken portions

PREPARATION TIME - 10 MINUTES

1 Place the mushrooms, onion and garlic in a 2.5 litre (approx. 4 pint) casserole dish. Cook on HIGH for 4 minutes.

2 Stir in remaining ingredients except the chicken, mix well.

3 Add chicken portions and coat with the sauce.

4 Cook on MEDIUM HIGH for 35 minutes, stir and coat the chicken twice during cooking.

*Serve with rice or jacket potatoes.*

## TURKEY WITH CHESTNUT STUFFING

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SERVES 6

200g (7oz) canned chestnut purée

50g (2oz) fresh wholemeal breadcrumbs

100g (4oz) low fat sausages, skinned & mashed

25g (1oz) butter, melted

1 stick celery, chopped

1 small onion, chopped

grated rind of 1 medium orange

salt and pepper to taste

1 egg (size 3), beaten

3.5kg (8lb) oven ready turkey

25g (1oz) butter

15ml (1tbsp) fresh parsley, chopped

PREPARATION TIME - 12 MINUTES

1 Mix the chestnut purée, breadcrumbs, sausagemeat, butter, celery, onion and orange rind in a large bowl. Add egg to bind the stuffing.

2 Pack the neck of the turkey with the stuffing. **Do not fill the cavity.**

3 Place the butter and parsley in a small bowl and heat on HIGH for 30 seconds until melted.

4 Weigh bird and place breast side down in a large flan dish. Brush with half the parsley butter.

5 Cook on DUAL COOK 180°C MEDIUM for 10 minutes per 450g (1lb). Turn the turkey over halfway through cooking. Brush with remaining parsley butter before returning to the oven. Add salt and pepper to taste.

## CHICKEN & CASHEW NUT STIR FRY

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SERVES 4

sauce:

15ml (1tbsp) dry sherry

15ml (1tbsp) demerara sugar

30ml (2tbsp) soy sauce

30ml (2tbsp) chilli sauce

150ml (1/4 pint) hot vegetable stock

15ml (1tbsp) cornflour mixed with a little water

stir fry:

30ml (2tbsp) groundnut oil

2 cloves garlic, crushed (see Tip, page 29)

2.5cm (1") piece of root ginger, peeled & grated

225g (8oz) chicken fillet, cut into strips

175g (6oz) broccoli, broken into small florets

125g (5oz) can of water chestnuts, drain & slice

125g (5oz) bean sprouts

125g (5oz) bamboo shoots

1/2 red pepper, sliced

1/2 yellow pepper, sliced

100g (4oz) cashew nuts, unsalted

PREPARATION TIME - 10 MINUTES

1 To prepare the sauce, place sherry, sugar, soy sauce, chilli sauce and stock in a bowl. Mix well, stir in the cornflour.

2 Heat on HIGH for 6 minutes, stir every minute until thickened. Allow to cool whilst preparing the rest of the dish.

3 Prepare the stir fry, place the oil, garlic and ginger in a large bowl, heat on HIGH for 1 minute. Mix in the chicken and cook on MEDIUM HIGH for 6 minutes. Stir after 3 minutes.

4 Add the broccoli, chestnuts, beansprouts, bamboo shoots, red and yellow pepper and the sauce. Mix well and cook on MEDIUM HIGH for 10 minutes, stir twice during cooking.

5 Stir in the cashew nuts, cook on HIGH for 2 minutes. Serve immediately.

# POULTRY

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## CHICKEN KORMA

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SERVES 6

**900g (2lb) chicken, cut into large pieces**

**175g (6oz) natural yoghurt**

**2 cloves garlic, crushed (see Tip, page 29)**

**25g (1oz) creamed coconut**

**10ml (2tsp) turmeric**

**25g (1oz) butter**

**1 large onion, sliced**

**5cm (2") piece fresh ginger, grated**

**2.5ml (1/2tsp) chilli powder**

**5ml (1tsp) coriander seeds**

**5 whole cloves**

**5ml (1tsp) cinnamon**

**10ml (2tsp) cornflour**

**100g (4oz) single cream**

**25g (1oz) roasted cashew nuts**

PREPARATION TIME - 1 1/4 HOURS

1 Place chicken in a bowl, stir in yoghurt, garlic, creamed coconut and turmeric. Cover and marinate for at least 1 hour in the refrigerator.

2 Place butter in a large bowl, heat on HIGH for 30 seconds, until melted. Add the onion and cook on HIGH for 2 minutes. Stir in the ginger, chilli powder and coriander, cook on HIGH for 1 minute.

3 Add the chicken and marinade, mix well. Stir in the cloves and cinnamon. Cover and cook on HIGH for 8 minutes, stirring after 4 minutes.

4 Rearrange the chicken pieces and cook on MEDIUM for 8 minutes.

5 Combine the cornflour with the cream and stir into the chicken. Cook on HIGH for 6 minutes, stir after 3 minutes. Sprinkle with cashew nuts

*Serve with rice and poppadums  
(see tip, page 34)*

## TURKEY FRICASSEE

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SERVES 4

**50g (2oz) butter**

**1 medium onion, finely chopped**

**50g (2oz) plain flour**

**300ml (1/2 pint) milk**

**300ml (1/2 pint) single cream**

**2 egg yolks (size 3)**

**100g (4oz) peas, cooked**

**450g (1lb) turkey, cooked and chopped**

**2.5ml (1/2tsp) nutmeg, grated**

**salt and pepper to taste**

**15ml (1tbsp) fresh parsley, chopped to garnish**

PREPARATION TIME - 10 MINUTES

1 Place the butter in a large bowl and heat on HIGH for 30 seconds.

2 Stir in the onion. Cook on HIGH for 2 minutes.

3 Stir in flour, gradually add the milk and cream. Cook on HIGH for 4-5 minutes, stirring every minute, until smooth and thick.

4 Allow to cool slightly before stirring in egg yolks.

5 Add the peas, turkey, nutmeg and seasoning. Cook on HIGH for 12 minutes. Stir every 2-3 minutes.

*Garnish with parsley to serve.*

## TURKEY BURGERS

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SERVES 4

**4 spring onions, finely sliced**

**100g (4oz) mushrooms, finely chopped**

**450g (1lb) lean minced turkey**

**2 eggs (size 3), beaten**

**100g (4oz) fresh wholemeal breadcrumbs**

**25g (1oz) plain flour**

**5ml (1tsp) dried mixed herbs**

**1 clove garlic, crushed (see Tip, page 29)**

**salt and pepper to taste**

**1 egg (size 3) beaten to glaze**

PREPARATION TIME - 12 MINUTES

1 Place the spring onions and mushrooms in a large bowl. Cook on HIGH for 1 minute. Drain off any juices.

2 Add mince, egg, breadcrumbs, flour, mixed herbs, garlic, salt and pepper, mix well.

3 Shape the mixture into 8 even sized burgers, 1cm (1/2") thick. Place 4 burgers in a greased flan dish, brush with egg to glaze.

4 Place the flan dish on high rack. Cook on DUAL GRILL, MEDIUM HIGH for 10-12 minutes until evenly brown and crispy. Turn over after half the cooking time. Repeat for remaining burgers.

*Variation:*

**Chicken Burgers:** Prepare and cook as above, substitute the minced turkey with minced chicken.

# POULTRY

## CHICKEN BREASTS PARMESAN

SERVES 6

**50g (2oz) fresh breadcrumbs**

**50g (2oz) Parmesan cheese, freshly grated**

**1 egg (size 3), beaten**

**675g (1½lb) boneless chicken breasts**

**25g (1oz) plain flour**

**400g (14oz) canned chopped tomatoes**

**1 clove garlic, crushed (see Tip, below)**

**10ml (2tsp) fresh oregano, chopped**

**300ml (½ pint) chicken stock**

**salt and pepper to taste**

**50g (2oz) Cheddar or Parmesan cheese, grated**

### Microwave Tip: Peeling garlic easily

Place 3-4 cloves of garlic on the turntable. Heat on HIGH for 30 seconds, squeeze at one end until clove pops out.

PREPARATION TIME - 12 MINUTES

- 1 Combine breadcrumbs and cheese.
- 2 Beat the egg on a plate. Dip each breast first into the egg and then into the breadcrumb mixture until thoroughly coated, place in a 2.5 litre (approx. 4 pint) casserole dish and put to one side.
- 3 Place flour in a bowl, mix to a paste with a little of the tomato juice. Stir in the rest of the tomatoes, garlic, oregano and chicken stock, salt and pepper, mix well. Heat on HIGH for 3-4 minutes, stirring every minute until thickened.
- 4 Spoon tomato mixture over the chicken breasts.
- 5 Place on the low rack and Cook on DUAL COOK 200°C, MEDIUM-HIGH for 35 mins.
- 6 Rearrange the chicken pieces twice during cooking.
- 7 Sprinkle generously with grated cheese 10 minutes before the end of cooking.



Duck in Caramel & Orange Sauce (page 30); Chicken Breasts Parmesan (page 29); Chicken & Tarragon Filo Pie (page 30).

## POULTRY

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### CHICKEN & TARRAGON FILO PIE

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SERVES 4

50g (2oz) butter  
225g (8oz) button mushrooms, sliced  
1 medium onion, finely chopped  
1 clove garlic, crushed (see Tip, page 29)  
3 eggs (size 3), beaten  
225g (8oz) cottage cheese  
150ml (1/4 pint) natural yoghurt  
225g (8oz) cooked chicken, skinned and chopped  
15ml (1tbsp) fresh tarragon, chopped  
salt and pepper to taste  
5 sheets filo pastry, cut in half  
sunflower oil to brush

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PREPARATION TIME - 15 MINUTES

- 1 Place the butter in a large bowl and heat on HIGH for 30 seconds, stir in the mushrooms, onion and garlic and cook on HIGH for 4 minutes, drain and allow to cool.
- 2 Preheat the oven to CONVECTION 200°C.
- 3 In a separate bowl, combine the eggs, cottage cheese, yoghurt, chicken and tarragon. Season. Add the mushroom mixture. Mix well.
- 4 Grease a square dish 20.4cm (8"). Place a layer of filo pastry in the bottom and brush with oil. Repeat for another 4 layers of pastry. Spoon in the chicken mixture and cover with the 5 remaining sheets of pastry. Brush each with oil.
- 5 Place on low rack, bake in the preheated oven CONVECTION 200°C for 45 minutes until brown.

### HONEYED CHICKEN

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SERVES 4

4 chicken breasts  
30ml (2tbsp) clear honey (See Tip, page 60)  
5ml (1tsp) whole grain mustard  
2.5ml (1/2tsp) dried tarragon  
15ml (1tbsp) tomato purée  
150ml (1/4 pint) chicken stock  
salt and pepper

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PREPARATION TIME - 6 MINUTES

- 1 Place the chicken breasts in a casserole dish.
- 2 Mix all remaining ingredients together and pour over the chicken.
- 3 Cook on MEDIUM HIGH for 12 minutes. Coat the chicken with the sauce several times during cooking.

### DUCK IN CARAMEL & ORANGE SAUCE

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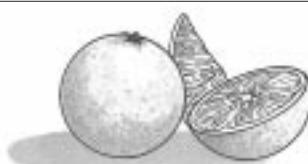
SERVES 4

1 medium onion, chopped  
1 clove garlic, crushed  
300ml (1/2 pint) hot chicken stock  
300ml (1/2 pint) fresh orange juice  
30ml (2tbsp) red wine  
50g (2oz) demerara sugar  
5ml (1tsp) fresh tarragon  
5ml (1tsp) cinnamon  
salt and pepper to taste  
4 pieces duck (each approx 275g (10oz))  
half a large orange sliced  
15ml (1tbsp) cornflour mixed with a little cold water

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PREPARATION TIME - 12 MINUTES

- 1 Place the onion and garlic in a 2.5 litre (approx. 4 pint) casserole dish and cook on HIGH for 1 minute. Stir in the stock, orange juice, red wine, sugar, tarragon and cinnamon. Season to taste. Cook on HIGH for 7-8 minutes, stir halfway through cooking time. Add the duck portions and place the slices of orange on top.
- 2 Place on low rack, cook on DUAL COOK 200°C, MEDIUM HIGH for 30 minutes.
- 3 Remove the duck portions and slices of orange.
- 4 Skim the fat from the top of the sauce and stir in the blended cornflour, heat on HIGH for 3-4 minutes, stirring every minute until sauce has thickened.
- 5 Return the duck and orange to the sauce, heat on HIGH for 3 minutes. Serve immediately.



## VEGETARIAN

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### SPINACH GRATIN

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SERVES 4-6

**40g onion (sliced)**

**20g butter**

**400g potatoes (cooked, sliced)**

**500g spinach (cooked, chopped)**

**170g ham**

**salt / pepper to taste**

**3 eggs**

**100ml cream**

**90g gouda cheese (grated)**

#### PREPARATION

- 1 Cook the onion with the butter on HIGH for 1 minute.
- 2 Grease an appropriate sized ceramic oval dish with cooking oil.
- 3 Place half of the potatoes in the dish.
- 4 Mix the onions, spinach, ham, salt and pepper and place on the potatoes.
- 5 Place the remaining potatoes on the top.
- 6 Beat the eggs and cream together and pour over the vegetables.
- 7 Sprinkle the grated cheese over the gratin.
- 8 Cook on DUAL COOK 250°C, MEDIUM HIGH for 25 minutes.

### BROCCOLI, MUSHROOM AND POTATO GRATIN

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SERVES 4

**350g potato (cooked,sliced)**

**350g broccoli (florets)**

**350g mushrooms (sliced)**

**3 eggs**

**100ml cream**

**100ml milk**

**90g gouda cheese (grated)**

#### PREPARATION

- 1 Grease an appropriate sized dish with oil.
- 2 Alternately layer the broccoli, mushrooms and potatoes in the dish.
- 3 Beat the cream, milk, eggs, salt and pepper together and pour over the vegetables.
- 4 Sprinkle with the grated cheese.
- 5 Cook on DUAL COOK 250°C, MEDIUM HIGH for 25 minutes.

### COURGETTE AND PASTA GRATIN

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SERVES 4-6

**100g macaroni**

**250g tinned tomatoes**

**100g onions (sliced)**

**300g courgette (sliced)**

**100g soured cream**

**2 eggs**

**60g cheddar cheese (grated)**

**pinch of basil**

**pinch of thyme**

**salt and pepper**

#### PREPARATION

- 1 Grease an appropriate sized dish with oil.
- 2 Pre-cook the macaroni and place in the bottom of the dish.
- 3 Mix together the tomatoes, onion, basil, salt and pepper and pour over the macaroni.
- 4 Place the sliced courgettes on the top of the mixture.
- 5 Mix together the cream and eggs and pour over the courgettes.
- 6 Sprinkle the grated cheese over the top of the gratin.
- 7 Cook on DUAL COOK 250°C, MEDIUM HIGH for 20 minutes.

**WATERCRESS ROULADE****SERVES 4-6****filling: 30ml (2tbsp) ground nut oil****1 small onion, finely chopped****1 clove garlic, crushed (see Tip, page 29)****225g (8oz) mushrooms, finely chopped****10ml (2tsp) cornflour****60ml (4tbsp) dry white wine****90ml (6tbsp) vegetable stock****salt and pepper to taste****45ml (3tbsp) double cream****1 bunch watercress, finely chopped****roulade: 5 eggs (size 3), separated****5ml (1tsp) vinegar****2.5ml (1/2tsp) English mustard****seasoning****100g (4oz) Cheddar cheese, grated****25g (1oz) Parmesan cheese, grated****PREPARATION TIME - 30 MINUTES**

1 Prepare filling: heat oil, onion and garlic in a bowl on HIGH for 1 min. Stir in mushrooms. Cook on HIGH for 2 minutes. Mix in cornflour, then the wine and stock. Season. Cook on HIGH for 4 minutes, stir after 2 minutes. Stir in cream and watercress. Cool.

2 Preheat the oven to CONVECTION 200°C. Grease and line a swiss roll tin 19 x 29.3cm (7.5 x 11.5") with greaseproof paper.

3 To prepare roulade, place egg yolks, vinegar, mustard, salt and pepper in a bowl, whisk until thick and pale. Fold in the cheese, mix well.

4 In a separate bowl whisk egg whites until stiff. Carefully fold into the cheese mixture until smooth, pour into prepared tin, smooth surface.

5 Bake in the preheated oven CONVECTION 200°C for 10-12 minutes until golden brown.

6 Sprinkle a sheet of greaseproof paper with Parmesan, turn the roulade out onto it. Cool slightly. Remove greaseproof from the top.

7 Reheat mushroom mixture on HIGH for 4 mins, stir every minute. Spread over roulade and roll up like a swiss roll. Place on a serving dish. Heat on HIGH for 2 mins.

**Microwave Tip: Roasting peanuts**

Place 50g (2oz) peanuts in a shallow dish with a knob of butter and sprinkle with salt. Cook on HIGH for 3 minutes, stir every minute until golden.



Vegetable Kebabs with Quorn (page 33); Watercress Roulade (page 32).

### VEGETABLE KEBABS WITH QUORN

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SERVES 4

**3 small courgettes, cut into 2.5cm (1") slices**

**1 red pepper, cut into 3.8cm (2½") pieces**

**1 yellow pepper, cut into 3.8cm (2½") pieces**

**2 small aubergines, cut into 2.5cm (1") pieces**

**8 closed cap mushrooms**

**8 cherry tomatoes**

**175g (6oz) quorn, cut into 2.5cm (1") cubes**

**marinade:**

**150ml (¼ pint) olive oil**

**3 cloves garlic, crushed (see Tip, page 29)**

**15ml (1tbsp) Worcestershire sauce**

**1.25ml (¼tsp) allspice**

**1.25ml (¼tsp) ginger**

**15ml (1tbsp) fresh parsley, chopped**

**10ml (2tsp) fresh dill**

**4 wooden skewers**

**PREPARATION TIME - 1 ¼ HOURS**

1 Place vegetables and quorn in a large bowl, mix well.

2 To prepare the marinade, place all the ingredients in a bowl, mix well.

3 Pour the marinade over the vegetables and quorn, mix well. Leave to marinate for at least an hour, stir occasionally.

4 Thread the vegetables and quorn onto the skewers in a regular pattern. Leave no wood exposed, place in a flan dish.

5 Place on low rack, cook on DUAL GRILL, MEDIUM LOW for 22 minutes. Turn over and rearrange the skewers every 5 minutes until the vegetables are tender and evenly brown.

### HOT CHEESE PUFF

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SERVES 4

**choux pastry:**

**225g (8oz) butter**

**450ml (¾ pint) water**

**225g (8oz) plain flour**

**8 eggs (size 3)**

**filling:**

**225g (8oz) Gruyère cheese, grated**

**45ml (3tbsp) chives, chopped**

*Serve with a crisp green salad*

**PREPARATION TIME - 12 MINUTES**

1 Place butter and water in a bowl, heat on HIGH for 5-6 minutes. Stir in flour, heat on HIGH for 3 minutes.

2 Beat the eggs into the mixture one at a time.

3 Preheat the oven to CONVECTION 200°C.

4 Spread half the mixture into a greased 25.4cm (10") flan dish, sprinkle with half the cheese and the chives. Spread remaining pastry on top followed by remaining cheese. Place on low rack, bake in preheated oven CONVECTION 200°C for 50 minutes.

### CAULIFLOWER BIRYANI WITH QUORN

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SERVES 4-6

**15ml (1tbsp) vegetable oil**

**10ml (2tsp) mustard seeds**

**10ml (2tsp) sesame seeds**

**225g (8oz) brown Basmati rice**

**5ml (1tsp) chilli powder**

**5ml (1tsp) turmeric**

**5ml (1tsp) ground coriander**

**5ml (1tsp) garam masala**

**15ml (1tbsp) water**

**1 medium cauliflower, cut into small florets**

**175g (6oz) quorn, cut into 2cm (¾") cubes**

**½ a red pepper, seeded and cut into strips**

**½ a green pepper, seeded and cut into strips**

**400g (14oz) canned chopped tomatoes**

**60ml (4tbsp) natural yoghurt**

**PREPARATION TIME - 20 MINUTES**

1 Place oil, mustard and sesame seeds in a large bowl, heat on HIGH for 1 minute. Add rice, mix well. Cook on HIGH for 2 minutes.

2 In a separate bowl mix the chilli powder, turmeric, coriander and garam masala. Add water and mix to a paste. Stir the paste into the rice, add the cauliflower, quorn, red and green pepper, mix well. Cook on HIGH for 2-3 minutes.

3 Drain the tomatoes and reserve the juice. Add the tomatoes to the rice mixture, mix well.

4 Add enough boiling water to the tomato juice to make 600ml (1 pint) of liquid, pour into the rice mixture, mix well. Cook on MEDIUM HIGH for 25 minutes, stir every 5 minutes.

5 Stir in yoghurt and serve with poppadums. See Tip, page 34.

## VEGETARIAN

### POTATO & TOFU PASTIES

SERVES 4-6

**pastry:**

**275g (10oz) mashed potato**

**25g (1oz) butter, melted**

**salt and pepper to taste**

**175g (6oz) plain flour**

**2.5ml (1/2tsp) baking powder**

**1 egg (size 3), beaten**

**a little milk**

**1 egg (size 3), beaten to glaze**

**filling:**

**15ml (1tbsp) olive oil**

**1 small onion, finely chopped**

**1 clove garlic, crushed (see Tip, page 29)**

**2.5ml (1/2tsp) fresh ginger, peeled and grated**

**2.5ml (1/2tsp) mustard seeds**

**2.5ml (1/2tsp) ground coriander**

**2.5ml (1/2tsp) chilli powder**

**100g (4oz) spring cabbage, finely sliced**

**2 medium carrots, grated**

**125g (5oz) tofu, drained and mashed**

**salt and pepper to taste**

PREPARATION TIME -25 MINUTES

- 1 To prepare pastry, place potato, butter, salt and pepper in a bowl, mix well. Stir in the flour, baking powder, egg and enough milk to make a firm dough.
- 2 To prepare filling, place oil, onion, garlic, ginger, mustard seeds, coriander and chilli powder in a bowl, mix well. Cook on HIGH for 2 minutes. Add the cabbage, carrots, tofu, salt and pepper, mix well. Cook on HIGH for 5-6 minutes.
- 3 Preheat the oven to 220°C.
- 4 Divide dough into 6 equal sized pieces and roll into 17.8cm (7") circles. Place 45ml (3tbsp) of tofu mixture into the centre of each pastry circle and spread out a little. Brush edges with a little beaten egg, then gather over the filling and pinch to make a raised ridge.
- 5 Place the pasties into two large, greased flan dishes and brush with egg to glaze.
- 6 Place one dish on low rack and the other on the high rack. Bake in a preheated oven CONVECTION 220°C for 22 minutes until brown.

**Microwave Tip: Cooking poppadums**

Place 2-4 poppadums on the turntable leaving space between them. Heat on HIGH for 30 seconds to 1 minute until puffed and bubbly. Allow to stand for 10-20 seconds.

## VEGETABLE CHILLI

SERVES 4-6

**30ml (2tbsp) olive oil**

**2 medium onions, chopped**

**2 cloves garlic, crushed (see Tip, page 29)**

**225g (8oz) small carrots, chopped**

**1 large red pepper, seeded and sliced**

**100g (4oz) mushrooms, cut into quarters**

**5ml (1tsp) ground cumin**

**5ml (1tsp) dried oregano**

**10ml (2tsp) mild chilli powder**

**2.5ml (1/2tsp) cayenne pepper**

**225g (8oz) canned tomatoes**

**75g (3oz) tomato purée**

**225g (8oz) canned haricot beans**

**225g (8oz) canned red kidney beans**

**1 bay leaf**

**300ml (1/2 pint) hot vegetable stock**

**salt and pepper to taste**

PREPARATION TIME - 20 MINUTES

- 1 Place the oil, onion and garlic in a large bowl, heat on HIGH for 2 minutes.
- 2 Add the carrots, red pepper and mushrooms, mix well. Cook on HIGH for 3 minutes.
- 3 Stir in the remaining ingredients, mix well. Cook on MEDIUM HIGH for 22 minutes, stir 3-4 times during cooking.
- 4 Remove the bay leaf before serving.

*Serve hot with rice or as a filling for tacos.*

**Microwave Tip: Heating taco shells**

Place 8-10 pre-cooked crisp taco shells on kitchen paper on the turntable. Heat on HIGH for 1½-2 minutes until warm. Spoon in filling as preferred.

## SPICY BEAN BURGERS

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SERVES 4-6

<b>100g (4oz) canned red kidney beans, drained</b>
<b>125g (5oz) black eyed beans, drained</b>
<b>15ml (1tbsp) olive oil</b>
<b>1 medium onion, finely chopped</b>
<b>1 stick celery, finely chopped</b>
<b>2 cloves garlic, crushed (see Tip, page 29)</b>
<b>50g (2oz) fresh wholemeal breadcrumbs</b>
<b>10ml (2tsp) ground coriander</b>
<b>5ml (1tsp) ground cumin</b>
<b>5ml (1tsp) turmeric</b>
<b>30ml (2tbsp) tomato purée</b>
<b>salt and pepper to taste</b>
<b>1 egg (size 3), beaten</b>
<b>50g (2oz) fresh wholemeal breadcrumbs</b>

PREPARATION TIME - 15 MINUTES

- 1 Blend the beans in a processor until smooth.
- 2 Place oil, onion, celery and garlic in a bowl, heat on HIGH for 2 minutes. Add the bean mixture, breadcrumbs, coriander, cumin, turmeric and tomato purée, mix well. Season.
- 3 Shape the mixture into 8 even sized burgers, brush with egg and coat with breadcrumbs.
- 4 Place four burgers in a greased flan dish on the high rack. Cook on DUAL GRILL, MEDIUM for 8 minutes until evenly brown and crispy on both sides, turn over after 4 minutes. Repeat this process for the remaining burgers.

*Serve in a bread bun with cheese and relish.*

## BUTTER BEAN CASSEROLE

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SERVES 4

<b>10ml (2tsp) olive oil</b>
<b>450g (1lb) aubergines, cut in 2.5cm (1") cubes</b>
<b>225g (8oz) onions, roughly chopped</b>
<b>1 clove garlic, crushed (see Tip, page 29)</b>
<b>3 sticks of celery, sliced</b>
<b>450g (1lb) canned, chopped tomatoes</b>
<b>5ml (1tsp) fresh basil, chopped</b>
<b>2.5ml (1/2tsp) allspice</b>
<b>225g (8oz) canned butter beans, drained</b>
<b>100g (4oz) fresh okra, whole</b>
<b>salt and pepper to taste</b>
<b>30ml (2tbsp) fresh parsley, chopped</b>

PREPARATION TIME - 25 MINUTES

- 1 Place the olive oil, aubergine, onion, garlic and celery in a large bowl, mix well. Heat on HIGH for 5-6 minutes, stir after 3 minutes.
- 2 Add the tomatoes, basil, allspice, beans and okra. Season. Cook on MEDIUM HIGH for 22 minutes, stir 2-3 times during cooking.
- 3 Stir in the parsley to serve.

*Serve with rice or baked potatoes.*

## BLUE CHEESE & CHIVE JACKETS

---

SERVES 2

<b>2 baking potatoes (approx. 250g (9oz))</b>
<b>50g (2oz) butter</b>
<b>100g (4oz) blue cheese, finely chopped</b>
<b>15ml (1tbsp) chives, chopped</b>
<b>50g (2oz) mushrooms, finely chopped</b>
<b>salt and pepper to taste</b>

PREPARATION TIME - 20 MINUTES

- 1 Pierce each potato in several places. Place on turntable and bake on DUAL COOK 250°C, MEDIUM HIGH for 15 minutes until brown and crispy.
- 2 Halve each potato and scoop the flesh into a bowl, add the butter, cheese, chives and mushrooms, mix well. Season. Pile the mixture back into the potato skins.
- 3 Place the filled potatoes in a flan dish on the low rack. Cook on DUAL GRILL, MEDIUM for 7-8 minutes until brown and crispy.



## SPINACH & MUSHROOM LASAGNE

SERVES 4-6

**75g (3oz) butter**

**225g (8oz) mushrooms, thickly sliced**

**1 vegetable stock cube, crumbled**

**900g (2lb) frozen spinach**

**2.5ml (1/2tsp) nutmeg**

**325g (12oz) cottage cheese**

**salt and pepper to taste**

**12 pieces of lasagne**

**300ml (1/2 pint) cheese sauce (see page 65)**

**100g (4oz) Cheddar or Parmesan cheese, grated**

### Microwave Tip: Garlic bread

75g (3oz) butter, 2 cloves garlic, crushed, one small French stick, sliced. Mix butter and garlic together and spread onto the sliced bread. Wrap the stick in kitchen paper and heat on MEDIUM for 1-2 minutes until butter has melted.

PREPARATION TIME - 30 MINUTES

- 1 Place 50g (2oz) butter in a bowl, heat on HIGH for 30 seconds. Add mushrooms and stock cube, mix well. Cook on HIGH for 2 minutes.
- 2 Heat spinach on HIGH for 10 minutes, stir 2-3 times. Drain. Stir in remaining butter, nutmeg, cheese, seasoning and mushroom mixture.
- 3 Line the base of a deep, square 20.4cm (8") dish with a layer of lasagne, followed by a layer of spinach mixture, cheese sauce and another layer of lasagne. Layer until all ingredients have been used, ensuring the final layer is lasagne, with enough cheese sauce to cover the surface. Sprinkle generously with grated cheese.
- 4 Place on low rack, cook on DUAL COOK 220°C, MEDIUM for 25 minutes.



Blue Cheese & Chive Jackets (page 35); Butter Bean Casserole (page 35); Spinach & Mushroom Lasagne (page 36).



Chocolate Chip Cookies (page 38); Banana Muffins (page 38); Vegetable Burger (page 38); Pussy Cat Pizza (page 37).

## PUSSY CAT PIZZAS

SERVES 6

**pizza base,**

**75g (3oz) self raising flour**

**75g (3oz) wholemeal flour**

**5ml (1tsp) baking powder**

**50g (2oz) Cheddar cheese, grated**

**salt and pepper to taste**

**120ml (4floz) milk to mix**

**topping:**

**60-75ml (4-5tbsp) tomato relish**

**6 cherry tomatoes, sliced**

**175g (6oz) Mozzarella cheese, finely chopped**

**2 salami snack sausages, sliced**

**1 green pepper, thinly sliced**

PREPARATION TIME - 20 MINUTES

- 1 To prepare the base, place flours, baking powder, cheese, and seasoning in a bowl, mix well. Combine with enough milk to make a soft dough.
- 2 Cut out a cat face template out of paper approx. 10cm (3.9") in diameter with triangular ears.
- 3 Roll out the dough to a thickness of 0.6cm (1/4"). Use the template to cut out 6 cat faces. Place two in a large, greased flan dish.
- 4 Spread tomato relish over the surface of each face. Cover with sliced tomato and sprinkle with Mozzarella cheese. Place three slices of salami on each face to make two eyes and a nose, use the sliced green pepper to make whiskers placing three slices on each side of the nose.
- 5 Place on the high rack, cook on DUAL GRILL, MEDIUM LOW for 7-8 minutes until golden. Repeat for remaining pizzas.

*Ideal for childrens' parties.*

## COOKING FOR KIDS

### VEGETABLE BURGERS

SERVES 4-6

**225g (8oz) potatoes, cooked & mashed skins**

**100g (4oz) baked beans**

**75g (3oz) Cheddar cheese, grated**

**100g (4oz) canned mixed vegetables, drained**

**2 spring onions, finely sliced**

**5ml (1tsp) fresh parsley, chopped**

**salt and pepper to taste**

**175g (6oz) fresh wholemeal breadcrumbs**

**1 egg (size 3), beaten to glaze**

**sesame seeds or sunflower seeds to sprinkle**

PREPARATION TIME - 12 MINUTES

1 Place potatoes, beans, cheese, vegetables, spring onions and parsley in a bowl, mix well. Season and stir in the breadcrumbs.

2 Shape the mixture into six even sized burgers, 1.3cm (1/2") thick. Brush with beaten egg and sprinkle with sesame or sunflower seeds.

3 Place burgers in a large flan dish on the high rack. Cook on DUAL GRILL, MEDIUM for 8 minutes until brown and crispy on both sides, turn over after 4 minutes.

*Serve in bread bun with cheese and relish.*

### CHOCOLATE CHIP COOKIES

SERVES 6-8

**175g (6oz) margarine**

**100g (4oz) caster sugar**

**225g (8oz) self raising flour**

**50g (2oz) milk chocolate, finely chopped**

**25g (1oz) walnuts, finely chopped**

PREPARATION TIME - 10 MINUTES

1 Cream margarine and sugar until light and fluffy. Stir in the flour, chocolate and walnuts to make a soft but firm dough.

2 Divide mixture into 8 even sized balls, place apart in two large flan dishes and flatten slightly.

3 Place one dish on low rack and the other on the high rack. Bake on CONVECTION 180°C for 25 minutes until golden brown around the edges.

*The biscuits will be soft when hot but will harden as they cool.*



### BANANA MUFFINS

SERVES 6-8

**175g (6oz) margarine**

**175g (6oz) soft brown sugar**

**1 egg (size 3), beaten**

**2 large bananas, mashed (see Tip, below)**

**100g (4oz) self raising flour**

**125g (5oz) self raising wholemeal flour**

**30ml (2 tbsp) natural yoghurt**

**icing sugar to dredge**

PREPARATION TIME - 15 MINUTES

1 Cream margarine and sugar until light and fluffy. Add the egg and banana, mix well.

2 Stir in the flours and yoghurt to make a soft dough.

3 Spoon equal amounts of the mixture into 14 muffin cases.

4 Place the cases into 2 bun trays, place one tray onto the high rack and one onto the low rack.

5 Cook on CONVECTION 200°C for 30 minutes. After 15 minutes change the trays over

6 Repeat this process for the remaining mixture.

*Serve warm, dredged with icing sugar.*

#### Microwave Tip: Softening bananas

Place two peeled bananas in a bowl. Heat on HIGH for 30 seconds to 1 minute.

## CHEESE & EGGS

### CHEESE SOUFFLE

SERVES 4

50g (2oz) butter  
50g (2oz) plain flour  
salt and pepper to taste  
300ml (1/2 pint) milk  
225g (8oz) Cheddar cheese, grated  
6 eggs (size 3), separated

#### Cook's Tip: Yorkshire pudding (Jet Convection)

Place 5ml (1tsp) oil into eight Yorkshire pudding moulds (two trays of 4 moulds). Place one tray on high rack and the other on low rack. Preheat oven and oiled tins to CONVECTION 220°C. Combine 300ml (1/2 pint) milk, 2 eggs (size 3), 100g (4oz) plain flour and pinch of salt until smooth, pour equal amounts into hot oil. Return trays to oven, one on high rack and other on low rack. Bake in preheated oven CONVECTION 220°C for 25 minutes. Swap the trays over after 15 minutes.

PREPARATION TIME - 10 MINUTES

- 1 Place the butter in a large bowl and heat on HIGH for 1 minute. Stir in the flour, and seasoning to form a paste.
- 2 Gradually add the milk, cook on HIGH for 3 minutes, stir every minute until smooth and thick. Add the cheese, mix well, cook on HIGH for 2 minutes.
- 3 Preheat the oven to CONVECTION 220°C.
- 4 Beat the egg yolks into the sauce and allow to cool.
- 5 In a separate bowl beat the egg whites until stiff. Carefully fold the egg whites into the cheese sauce mixture a little at a time until blended.
- 6 Pour soufflé into a greased 2.4 litre (4 pint) soufflé dish.
- 7 Place on low rack and bake in the preheated oven CONVECTION 220°C for 35 minutes until the top has puffed up and is golden brown and a skewer comes out clean.

## STUFFED TOFU WITH SPICY TOMATO SAUCE

SERVES 4

450g (1lb) tofu, drained  
100g (4oz) Mozzarella, thinly sliced  
75g (3oz) Danish Blue, thinly sliced  
1 quantity Spicy Tomato Sauce (see page 65)

PREPARATION TIME - 12 MINUTES

- 1 Cut tofu in half to make 4 pieces.
- 2 Slice each piece horizontally along one side to make a pocket. Fill each pocket with sliced cheese, place in a large flan dish. Pour in sauce.
- 3 Place on turntable, cook on MEDIUM for 12 minutes.

## HAM & STILTON GOUGERE

SERVES 4

**Choux pastry:**  
150ml (1/4 pint) water  
50g (2oz) butter  
75g (3oz) plain flour  
salt and pepper to taste  
5ml (1tsp) dried marjoram (see Tip, page 20)  
5ml (1tsp) dried thyme (see Tip, page 20)  
2 eggs (size 3), beaten  
**filling:**  
25g (1oz) butter  
6 spring onions, sliced  
125g (5oz) mushrooms, sliced  
25g (1oz) plain flour  
120ml (8tbsp) hot chicken stock  
120ml (8tbsp) single cream  
10ml (2tsp) whole grain mustard  
225g (8oz) cooked ham, chopped  
75g (3oz) Stilton cheese, crumbled  
50g (2oz) Cheddar cheese, grated  
5ml (1tsp) fresh parsley, chopped

PREPARATION TIME - 25 MINUTES

- 1 Heat the water and butter on HIGH for 3 minutes, beat in the flour, salt, pepper, marjoram and thyme.
- 2 Gradually add the eggs and beat well until the mixture is smooth, thick and glossy.
- 3 Place 16 heaped tablespoons of the choux mixture in a circle around the edge of a greased 25.4cm (10") flan dish..
- 4 To prepare the filling, place the butter, onion and mushrooms in a bowl and heat on HIGH for 3 minutes. Stir in the flour to form a paste.
- 5 Gradually stir in the stock, cream and mustard. Cook on HIGH for 3 minutes until thick and smooth. Stir in the ham and cheese, spoon into the centre of the choux ring, sprinkle with parsley.
- 6 Preheat the oven to CONVECTION 220°C.
- 7 Place on low rack and bake in the preheated oven on CONVECTION 220°C for 25 minutes until golden brown.

## CHEESE & EGGS

### SPANISH OMELETTE

SERVES 4-6

15ml (1tbsp) olive oil

6 spring onions, sliced

1 small red pepper, seeded and sliced

1 small green pepper, seeded and sliced

175g (6oz) potato, cooked and sliced

5 eggs (size 3), beaten

salt and pepper to taste

75g (3oz) Cheddar cheese, grated

15ml (1tbsp) fresh parsley, chopped

PREPARATION TIME - 10 MINUTES

- 1 Place the oil in a 25.4cm (10") flan dish together with the spring onion, red and green pepper, mix well. Cook on HIGH for 2-3 minutes until tender.
- 2 Add the potato, ensuring the mixture is evenly distributed over the base of the flan dish, pour in the beaten egg. Season with salt and pepper, sprinkle with cheese and parsley.
- 3 Place on low rack, cook on DUAL GRILL, MEDIUM for 8-9 minutes until evenly brown and crispy.



Spanish Omelette (page 40); Ham & Stilton Gougère (page 39); Cheese Soufflé (page 39).

## CHEESE, HAM & POTATO CASSEROLE

SERVES 4

450g (1lb) par-boiled potatoes, thinly sliced

225g (8oz) Cheddar cheese, thinly sliced

2 medium onions, sliced

100g (4oz) cooked ham, chopped

300ml (1/2 pint) white sauce (see page 65)

25g (1oz) cheese, grated

PREPARATION TIME - 15 MINUTES

- 1 Place alternate layers of potato, cheese, onion, ham and white sauce in a 2.5 litre (approx. 4 pint) casserole dish until all ingredients are used. Top with grated cheese.
- 2 Place the casserole dish on low rack, use sequence programming to cook on MEDIUM HIGH for 14 minutes then on DUAL GRILL, MEDIUM HIGH for 4-6 minutes.

Serve as a snack or light main meal with crisp salad.

## CHEESE & EGGS

### BACON, EGG & TOMATO PIE

SERVES 4-6

**450g (1lb) puff pastry**

**8 rashers bacon, with rind removed**

**5 eggs (size 3)**

**5 medium tomatoes, sliced**

**salt and pepper to taste**

**1 egg (size 3), beaten to glaze**

*Serve at brunch, lunch or supper.*

PREPARATION TIME - 8 MINUTES

- 1 Preheat the oven to CONVECTION 220°C.
- 2 Line a greased 25.4cm (10") flan dish with half the pastry. Cover pastry base with bacon rashers and break the eggs over the top of the bacon (try not to break the egg yolks).
- 3 Place the tomato evenly over the eggs. Season. Roll out remaining pastry to cover, seal the edges and brush with egg to glaze.
- 4 Place on the low rack, bake in preheated oven CONVECTION 220°C for 20 minutes.

### SWISS CHEESE FONDUE

SERVES 4-6

**1 clove garlic, crushed (see Tip, page 29)**

**225g (8oz) Gruyère cheese, grated**

**100g (4oz) Emmenthal cheese, grated**

**100g (4oz) Cheddar cheese, grated**

**25g (1oz) flour**

**salt and pepper to taste**

**1.25ml (1/4tsp) ground nutmeg**

**150ml (1/4 pint) dry white wine**

**150ml (1/4 pint) milk**

**French bread, cubed and assorted crudités**

PREPARATION TIME - 10 MINUTES

- 1 Combine the garlic and cheeses in a 2.5 litre (approx. 4 pint) casserole dish, add the flour, seasoning and nutmeg, mix well.
- 2 Pour the wine and milk into the cheese mixture, mix well. Cook on MEDIUM HIGH for 12 minutes until smooth and bubbling, stir every 4 minutes.

*Serve with French bread and crudités.*



*Pizza with Salami & Mushrooms (page 42); Cheese & Nut Loaf (page 42); Quiche Lorraine (page 42).*

## CHEESE & EGGS

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### PIZZA WITH SALAMI & MUSHROOMS

---

SERVES 4

125g (5oz) white self raising flour

125g (5oz) granary flour

2.5ml (1/2tsp) salt

5ml (1tsp) baking powder

45ml (3tbsp) olive oil

150ml (1/4 pint) milk

90ml (6tbsp) tomato relish

5ml (1tsp) Worcestershire sauce

15ml (1tbsp) fresh oregano

50g (2oz) salami sausage, sliced

50g (2oz) mushrooms, sliced

1/2 green pepper, thinly sliced

1-2 medium tomatoes, quartered

100g (4oz) Mozzarella cheese, grated

salt and pepper to taste

**Variations:**

**Tuna and olive:** Substitute salami with 200g (7oz) canned tuna, chopped and top with 8 whole black olives.

PREPARATION TIME - 20 MINUTES

1 Place flours, salt and baking powder in a large bowl, mix well. Blend oil and milk together, stir into the flour to make a firm dough.

2 Roll out to make a 25.4cm (10") circle. Place in a greased 25.4cm (10") flan dish, cook on HIGH for 3-4 minutes. Carefully turn over, cover with topping.

3 To prepare the topping, combine the tomato relish, Worcestershire sauce and 5ml (1tsp) of oregano. Spread evenly over the uncooked side of the pizza base. Arrange the salami, mushrooms, green pepper and tomatoes on top and sprinkle with the Mozzarella and remaining oregano. Season with salt and pepper.

4 Place on low rack, cook on DUAL GRILL, MEDIUM for 10 minutes until the vegetables are tender and the cheese is brown and crispy.

## CHEESE & NUT LOAF

---

SERVES 4-6

175g (6oz) walnuts, chopped

225g (8oz) fresh brown breadcrumbs

100g (4oz) Cheddar cheese, grated

1 medium onion, chopped

50g (2oz) mushrooms, sliced

10ml (2tbsp) fresh parsley, chopped

90ml (6tbsp) milk

4 eggs (size 3), beaten

30ml (2tbsp) whole grain mustard

salt and pepper to taste

100g (4oz) frozen spinach

125g (5oz) cottage cheese

50g (2oz) Cheddar cheese, grated

PREPARATION TIME - 15 MINUTES

1 Grease a 1.5 litre (2 1/2 pint) loaf dish and line the base with greaseproof paper.

2 Blend the walnuts, breadcrumbs, cheese, onion, mushrooms, parsley, milk, eggs mustard and seasoning together using a food processor.

3 Place the spinach in a bowl and heat on HIGH for 3 minutes, drain thoroughly.

4 Place half of the nut mixture in the base of the prepared dish and smooth the surface.

5 Spread the cottage cheese on top, followed by the spinach and the remaining nut mixture. Smooth the surface and sprinkle with the grated cheese.

6 Place on turntable, cook on DUAL GRILL, MEDIUM for 16 minutes until brown.

## QUICHE LORRAINE

---

SERVES 4-6

275g (10oz) short crust pastry

6 rashers of bacon, chopped

1 large onion, finely chopped

4 eggs (size 3)

300ml (1/2 pint) milk

salt and pepper to taste

5ml (1tsp) dried mixed herbs

100g (4oz) Cheddar cheese, grated

PREPARATION TIME - 18 MINUTES

1 Line a 20.4cm (8") flan dish with pastry.

2 Place bacon and onion in a bowl, cook on HIGH for 3 minutes.

3 Place eggs, milk, seasoning in a bowl, mix well.

4 Spread bacon and onion evenly over the pastry. Pour egg mixture over, top with grated cheese.

5 Place on low rack. Cook on DUAL COOK 220°C, MEDIUM LOW for 30-35 minutes.

**Stilton & mushrooms:** Replace bacon with 125g (5oz) sliced mushrooms and Cheddar with Stilton.

## RICE & PASTA

---

### CHEESY SALMON PIE

---

SERVES 4

200g (7oz) white long grain rice
1 medium onion, chopped
salt to taste
600ml (1 pint) boiling water
75g (3oz) butter
1 egg (size 3), beaten
200g (7oz) canned red salmon, drained
25g (1oz) plain flour
5ml (1tsp) mustard powder
pepper to taste
300ml (1/2 pint) milk
50g (2oz) Wensleydale cheese, grated
2 eggs (size 3), beaten
5ml (1tsp) fresh parsley, chopped
extra Wensleydale cheese, grated to sprinkle

**Variation:**

Make as above, substitute salmon for crab or tuna.

PREPARATION TIME - 18 MINUTES

- 1 Place rice, onion, salt and water in a large bowl, mix well. Cook on MEDIUM HIGH for 13-14 minutes until tender, stir 2-3 times. Drain.
- 2 Stir 50g (2oz) of the butter and the egg into the rice. Press the mixture onto the base and sides of a greased 25.4cm (10") flan dish.
- 3 Spread the salmon evenly over the rice base.
- 4 Melt remaining butter in a large bowl on HIGH for 1 minute, stir in flour, mustard and pepper to form a paste. Gradually stir in the milk. Heat on HIGH for 3 minutes, stir every minute until smooth and thick. Stir in cheese, eggs and parsley.
- 5 Pour the sauce into the flan dish and sprinkle generously with the parsley and cheese.
- 6 Place on the low rack, cook on DUAL BAKE 200°C, MEDIUM LOW for 25 minutes.

### PASTA WITH PINENUTS

---

SERVES 4

225g (8oz) pasta, e.g. Farfalle (pasta bows)
600ml (1 pint) boiling water
50g (2oz) pine nuts
1 quantity of blue cheese sauce (see page 65)
15ml (1tbsp) fresh parsley, chopped to garnish

PREPARATION TIME - 8 MINUTES

- 1 Place pasta in a large bowl, add boiling water, cook on MEDIUM HIGH for 12-14 minutes until tender, drain.
- 2 Add the pinenuts, mix well. Place in a warm serving dish and cover with sauce.

*Serve hot garnished with parsley.*

### MACARONI CHEESE

---

SERVES 4

175g (6oz) macaroni
600ml (1 pint) boiling water
4 rashers bacon, chopped (optional)
1 small onion, finely chopped
50g (2oz) butter
50g (2oz) plain flour
600ml (1 pint) milk
125g (5oz) Cheddar cheese, grated
salt and pepper to taste
50g (2oz) Cheddar cheese, grated to sprinkle
15ml (1tbsp) fresh parsley, chopped to garnish

PREPARATION TIME - 12 MINUTES

- 1 Place the macaroni in a 2.5 litre (approx. 4 pint) casserole dish, add boiling water. Cook on MEDIUM HIGH for 11-12 minutes until tender, stir 2-3 times during cooking. Drain and return to dish.
- 2 Place the bacon (if using) and onion in a bowl and cook on HIGH for 2 minutes, stir into the macaroni.
- 3 Place the butter in a bowl, heat on HIGH for 1 minute until melted, add the flour to form a paste and gradually stir in the milk. Cook on HIGH for 4-5 minutes, stir every minute until smooth and thick. Stir in the cheese and season.
- 4 Stir the sauce into the macaroni and sprinkle with grated cheese and parsley.
- 5 Place on low rack, cook on DUAL COOK 220°C, MEDIUM for 20 minutes.

**Microwave Tip: Softening butter**

Place 250g (9oz) block of butter on a plate. Heat on HIGH for 20-25 seconds.

## RICE & PASTA

### FUSILLI WITH TROUT & COURGETTES

SERVES 4

2 medium courgettes, thinly sliced
15ml (1tbsp) olive oil
225g (8oz) fresh spinach Fusilli (pasta twists)
600ml (1 pint) boiling water
1 cooked, trout fillet (approx. 225g (8oz)), flaked
150ml (1/4 pint) natural yoghurt
salt and pepper to taste
15ml (1tbsp) fresh coriander, chopped

PREPARATION TIME - 8 MINUTES

- 1 Cut courgette slices in half, place in a bowl with the olive oil, mix well. Cook on HIGH for 2 minutes.
- 2 Place the Fusilli in a large bowl and cover with the boiling water. Cook on MEDIUM HIGH for 10-12 minutes until tender. Do not drain until the rest of the dish is prepared.
- 3 Stir trout into courgette mixture. Add yoghurt and season. Heat on HIGH for 3 minutes until hot, spoon onto the Fusilli. Sprinkle with coriander.

### CANNELLONI

SERVES 4

1 medium onion, chopped
1 clove garlic, crushed (see Tip, page 29)
25g (1oz) butter
450g (1lb) lean minced beef
100g (4oz) mushrooms, chopped
15ml (1tbsp) tomato purée
400g (14oz) canned chopped tomatoes
150ml (1/4 pint) hot beef stock
salt and pepper to taste
12 pieces of lasagne
300ml (1/2 pint) cheese sauce (see page 65)
extra grated cheese to sprinkle
15ml (1tbsp) fresh oregano, chopped to garnish

PREPARATION TIME - 25 MINUTES

- 1 Place onion, garlic and butter in a bowl, heat on HIGH for 2 minutes. Add the mince, cook on HIGH for 7 minutes, stir halfway through cooking.
- 2 Add mushrooms, purée, tomatoes, stock and seasoning. Cook on MEDIUM HIGH for 25 minutes until thickened, stir every 5 minutes.
- 3 Place 3-4 pieces of lasagne in a bowl, cover with boiling water. Cook on HIGH for 4 minutes until tender enough to bend. Remove from water, dry on kitchen paper. Repeat for the remaining lasagne.
- 4 Place a large spoonful of meat mixture at one end of a piece of lasagne, roll up and place seam side down in a deep, square 20.4cm (8") dish. Repeat for remaining lasagne. Place any remaining meat around the filled lasagne.
- 5 Pour the cheese sauce on top of the filled lasagne. Sprinkle generously with cheese and parsley.
- 6 Place on low rack, cook on DUAL COOK 200°C, MEDIUM for 30 minutes until brown and crispy.



#### Microwave Tip: Improving smells in the oven

Place half a lemon in a bowl, add 300ml (1/2 pint) water and heat on HIGH for 10-12 minutes. Wipe the oven using a dry cloth.

*Fusilli with Trout & Courgettes (page 44)*

## RICE & PASTA

### EGG FRIED RICE

SERVES 4

30ml (2tbsp) groundnut oil  
1 clove garlic, crushed (see Tip, page 29)  
4 spring onions, sliced  
100g (4oz) button mushrooms, halved  
50g (2oz) peas  
175g (6oz) long grain white rice, cooked  
15ml (1tbsp) dark soy sauce  
2 eggs (size 3), beaten  
salt and pepper to taste

PREPARATION TIME - 8 MINUTES

- 1 Place the oil, garlic, spring onions, mushrooms and peas in a large bowl, mix well. Heat on HIGH for 2 minutes.
- 2 Stir in the rice and soy sauce. Heat on HIGH for 6-7 minutes, stir every 2-3 minutes until the rice is evenly hot.
- 3 Pour egg over the rice, do not stir into the rice. Cook on HIGH for 2 minutes and then break up the egg and stir evenly into the rice. Season.

### BEEF RISOTTO

SERVES 4

30ml (2tbsp) olive oil  
1 medium onion, finely chopped  
1 stick celery, finely sliced  
1 green pepper, seeded and sliced  
1 red pepper, seeded and sliced  
175g (6oz) beef fillet, thinly sliced into 5cm (2") strips  
2.5ml (1/2tsp) cayenne pepper  
5ml (1tsp) ground cumin  
grated rind of 1 lemon  
75g (3oz) peas  
225g (8oz) white long grain rice  
600ml (1 pint) hot beef stock  
salt and pepper to taste

PREPARATION TIME - 12 MINUTES

- 1 Place the oil, onion, celery, red and green pepper in a large bowl, mix well. Heat on HIGH for 2 minutes. Stir in the beef and cook on HIGH for 5-6 minutes, stir halfway through cooking.
- 2 Stir in the remaining ingredients and cook on MEDIUM HIGH for 13-14 minutes until the rice is tender and all the beef stock has been absorbed, stir 2-3 times during cooking.

#### Microwave Tip: Softening avocados

Pierce an unpeeled avocado in several places. Place on the turntable and heat on HIGH for 1 minute. Allow to cool before peeling.

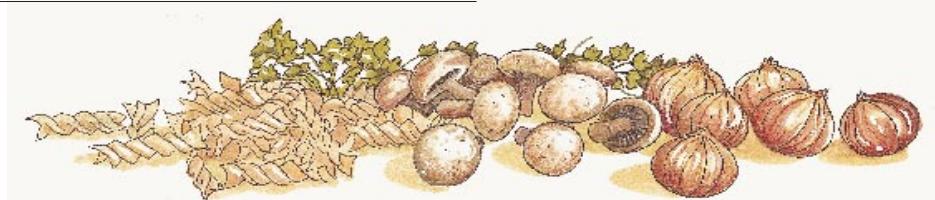
### FETTUCCINE CARBONARA

SERVES 4

225g (8oz) Fettuccine  
600ml (1pint) boiling water  
225g (8oz) button mushrooms, halved  
4 shallots, finely sliced  
4 rashers bacon, chopped  
25g (1oz) butter  
300ml (1/2 pint) single cream  
1 egg (size 3), beaten  
15ml (1tbsp) fresh oregano, chopped  
100g (4oz) peas  
salt and pepper to taste

PREPARATION TIME - 10 MINUTES

- 1 Place the Fettuccine in a large bowl. Add the boiling water and cook on MEDIUM HIGH for 10-12 minutes until the pasta is tender, drain.
- 2 Place the mushrooms, shallots, bacon and butter in a bowl. Cook on HIGH for 3 minutes. Drain.
- 3 Beat the cream, egg and oregano together, add the mushroom mixture and peas. Season with salt and pepper to taste.
- 4 Pour over the cooked Fettuccine, toss gently, and heat on MEDIUM HIGH for 5 minutes, stir after 3 minutes.



## RICE & PASTA

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### RICESTUFFED BEEF TOMATOES

---

SERVES 4

4 beef tomatoes

125g (5oz) white long grain rice, cooked

50g (2oz) cooked ham, chopped

50g (2oz) peas

15ml (1tbsp) fresh oregano, chopped

salt and pepper to taste

75g (3oz) Mozzarella cheese, chopped

15ml (1tbsp) fresh oregano, chopped to garnish

PREPARATION TIME - 10 MINUTES

- 1 Slice the top off each tomato and scoop out the flesh into a bowl, stir in the rice, ham, peas, oregano, salt and pepper.
- 2 Fill each tomato shell with the rice mixture and place in a large flan dish. Sprinkle generously with the Mozzarella cheese and oregano.
- 3 Place the on low rack, cook on MEDIUM for 10 minutes, then GRILL for 6 minutes until the tomatoes are tender and the cheese is brown and crispy.

### SPICED PILAU RICE

---

SERVES 4

25g (1oz) butter

1 small onion, finely chopped

half stick of cinnamon

2.5ml (1/2tsp) cumin seeds, crushed

1 cardamon pod, crushed

5ml (1tsp) ground turmeric

1 bay leaf

salt to taste

175g (6oz) white Basmati rice

600ml (1 pint) boiling water

PREPARATION TIME - 5 MINUTES

- 1 Place the butter in a large bowl, heat on HIGH for 1 minute until melted, stir in the onion and cook on HIGH for 1 minute.
- 2 Add the remaining ingredients, mix well. Cover with the boiling water, cook on MEDIUM HIGH for 13-14 minutes until the rice is tender, stir 2-3 times during cooking. Drain.
- 3 Remove the cinnamon stick and bay leaf.

### RICE PILAF

---

SERVES 4

30ml (2tbsp) olive oil

175g (6oz) wholemeal Basmati rice

pinch of ground turmeric

1 medium onion, chopped

600ml (1 pint) boiling water

100g (4oz) button mushrooms, halved

50g (2oz) flaked almonds

10ml (2tsp) dried mixed herbs

salt and pepper to taste

PREPARATION TIME - 6 MINUTES

- 1 Place 15ml (1tbsp) of the oil in a large bowl, stir in the rice, turmeric and onion, heat on HIGH for 2 minutes.
- 2 Add the boiling water, cook on MEDIUM HIGH for 19-20 minutes until the rice is tender, stir 2-3 times during cooking. Drain.
- 3 Place remaining oil, mushrooms, flaked almonds and mixed herbs in a separate bowl, cook on HIGH for 4 minutes. Season and stir into rice.

*Serve with Chicken Satay, photo and recipe page 25.*

### TORTELLINI WITH AUBERGINES

---

SERVES 4

225g (8oz) Tortellini (cheese or meat)

600ml (1 pint) boiling water

30ml (2tbsp) olive oil

1 medium aubergine, cut to 1.5cm (1/2") cubes

400g canned chopped tomatoes

1 clove garlic, crushed (see Tip, page 29)

salt and pepper to taste

15ml (1tbsp) fresh basil, chopped

50g (2oz) Parmesan cheese, grated

PREPARATION TIME - 12 MINUTES

- 1 Place Tortellini in a large bowl, add boiling water. Cook on MEDIUM HIGH for 10-12 minutes until tender. Drain.
- 2 Place oil in a separate bowl, stir in aubergine. Cook on HIGH for 6 minutes, stir every minute.
- 3 Add tomatoes and garlic, mix well. Season. Cook on HIGH for 3 minutes, stir in the basil.
- 4 Stir aubergine mixture into pasta. Heat on MEDIUM HIGH for 4 minutes. Sprinkle with basil and cheese to serve.

## VEGETABLES

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### VEGETABLE LOAF

---

SERVES 4-6

**175g (6oz) fresh wholemeal breadcrumbs**

**1 large carrot, grated**

**2 small courgettes, sliced**

**1 large potato, grated**

**3 sticks of celery, sliced**

**4 rashers bacon, chopped (optional)**

**125g (5oz) Cheddar cheese, grated**

**2 eggs (size 3), beaten**

**salt and pepper to taste**

**75g (3oz) Cheddar cheese, grated to sprinkle**

**15ml (1tbsp) fresh parsley, chopped**

PREPARATION TIME - 20 MINUTES

1 Combine breadcrumbs, carrot, courgette, potato and celery. Add bacon (if using), cheese, eggs, salt and pepper, mix well.

2 Pour mixture into a greased 1.5 litre (2.5 pint) loaf dish, cover with the cheese and parsley.

3 Place on low rack, bake in a preheated oven DUAL COOK 220°C, MEDIUM for 20 minutes.

### PUREED SWEDE & CARROTS

---

SERVES 4

**450g (1lb) swede**

**450g (1lb) carrots**

**150ml (1/4 pint) water**

**Knob of butter**

**salt and pepper to taste**

PREPARATION TIME - 7 MINUTES

1 Cut swede and carrots into small, even pieces. Place in large bowl, add the water. Cover and cook on HIGH for 14 minutes. Drain.

2 Add butter, salt and pepper and mash together.

3 Heat on HIGH for 3 minutes.

### COURGETTE & CASHEW NUT AU GRATIN

---

SERVES 4

**450g (1lb) courgettes, sliced**

**275g (10oz) baby carrots**

**125g (5oz) mushrooms, sliced**

**125g (5oz) roasted cashew nuts**

**300ml (1/2 pint) cheese sauce (see page 65)**

**50g (2oz) fresh wholemeal breadcrumbs**

**50g (2oz) Stilton cheese, crumbled**

PREPARATION TIME - 15 MINUTES

1 Place courgettes in bowl with 15ml (1tbsp) water. Cover, cook on HIGH for 6 minutes, stir after 3 minutes. Drain. Place carrots in a bowl with 30ml (2tbsp) water. Cover, cook on HIGH for 6 minutes, stir after 3 minutes. Drain. Add the mushrooms, cook on HIGH for 2 minutes. Stir in courgettes and cashew nuts. Place mixture in a 2.5 litre (approx. 4 pint) casserole dish. Cover with sauce and sprinkle with breadcrumbs and cheese.

2 Place on low rack, cook on DUAL GRILL, MEDIUM LOW for 8 minutes until brown and crispy.

### SPICY POTATOES

---

SERVES 4

**30ml (2tbsp) vegetable oil**

**10ml (2tsp) ground cinnamon**

**10ml (2tsp) ground coriander**

**5ml (1tsp) Cayenne pepper**

**10ml (2tsp) sesame seeds**

**5ml (1tsp) caraway seeds**

**50g (2oz) butter**

**1.3cm (1/2") fresh root ginger, peeled & grated**

**2 cloves garlic, crushed (see Tip, page 29)**

**675g (1 1/2 lb) cooked potatoes, cut into 2.5cm (1") pieces**

**pinch of salt**

PREPARATION TIME - 12 MINUTES

1 Place the oil, cinnamon, coriander, Cayenne pepper, sesame and caraway seeds in a 2.5 litre (approx. 4 pint) casserole dish, mix well. Heat on HIGH for 1 minute.

2 Add the butter, ginger and garlic. Cook on MEDIUM HIGH for 3 minutes. Stir in the potatoes and salt.

3 Place on the turntable, cook on MEDIUM for 8-10 minutes, stir every 2-3 minutes.

*Garnish with fresh chopped coriander, serve with grilled or roasted meats.*

## VEGETABLES

### MANGE-TOUT WITH BABY SWEETCORN

SERVES 4

50g (2oz) butter  
225g (8oz) baby sweetcorn  
225g (8oz) mange-tout  
salt and pepper to taste

PREPARATION TIME - 4 MINUTES

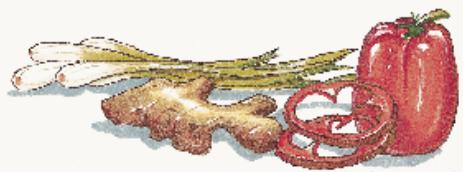
- 1 Heat butter on HIGH for 1 minute.
- 2 Add the sweetcorn, cover and cook on HIGH for 2 minutes. Stir in the mange-tout, cover and cook on HIGH for 3 minutes. Season and serve hot.

### STIR FRIED VEGETABLES

SERVES 4

15ml (1tbsp) sunflower oil  
30ml (2tbsp) soy sauce  
15ml (1tbsp) sherry  
2.5cm (1") root ginger, peeled and finely grated  
1 clove garlic, crushed (see Tip, page 29)  
2 medium carrots, cut into fine strips  
100g (4oz) button mushrooms, halved  
50g (2oz) beansprouts  
100g (4oz) mange-tout  
1 red pepper, seeded and thinly sliced  
4 spring onions, chopped  
100g (4oz) canned water chestnuts, sliced  
half a head of chinese leaves, thinly sliced

PREPARATION TIME - 12 MINUTES



- 1 Place the oil, soy sauce, sherry, ginger, garlic and carrots in a large bowl and mix well. Cover and cook on HIGH for 4-5 minutes.
- 2 Stir in the mushrooms, beansprouts, mange-tout, red pepper, spring onions, water chestnuts and chinese leaves. Cook on HIGH for 5-6 minutes until the vegetables are tender, stir halfway through cooking.



Stir Fried Vegetables (page 45).

## DESSERTS

### GOLDEN SYRUP DUMPLINGS

SERVES 4-6

**syrup:**

**300ml (1/2 pint) water**

**200g (7oz) brown sugar**

**60ml (4tbsp) golden syrup**

**50g (2oz) butter**

**grated rind of 1 large orange**

**dumplings:**

**100g (4oz) self raising flour**

**50g (2oz) butter**

**15ml (1tbsp) caster sugar**

**1 egg (size 3), beaten**

PREPARATION TIME - 8 MINUTES

- 1 Place syrup ingredients in a 2.5 litre (approx. 4 pint) casserole dish, mix well. Cook on HIGH for 8-10 minutes until sugar dissolves and sauce is thick, stir every 2 minutes.
- 2 Place flour in a bowl, rub in butter until mixture resembles fine breadcrumbs, stir in sugar. Bind with egg. If mixture is too dry, add a little water.
- 3 Roll into walnut sized balls (if sticky, add a little flour), place into hot syrup, allow space to spread. Cover dish. Cook on HIGH for 8-9 minutes, turn over after 4 minutes. Serve hot with vanilla ice-cream.



Pecan Pie (page 50); Continental Cheesecake (page 50); Golden Syrup Dumplings (page 49).

### RICE PUDDING

SERVES 4

**600ml (1 pint) milk**

**100g (4oz) pudding rice**

**25g (1oz) caster sugar**

**25g (1oz) butter**

**5ml (1tsp) grated nutmeg**

PREPARATION TIME - 5 MINUTES

- 1 Place the milk in a 1.5 litre (2½ pint) casserole dish. Heat on HIGH for 3 minutes. Stir in the rice, sugar and butter, heat on HIGH for 5 minutes.
- 2 Sprinkle surface with grated nutmeg, cook on DUAL COOK 180°C MEDIUM LOW for 40-45 minutes. Stir 2-3 times during cooking.

## DESSERTS

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### CONTINENTAL CHEESECAKE

---

SERVES 6-8

**50g (2oz) butter**

**50g (2oz) caster sugar**

**45ml (3tbsp) clear honey (see Tip, page 60)**

**2 eggs (size 3), beaten**

**450g (1lb) low fat cream cheese (Tip, page 56)**

**grated rind and juice of half an orange**

**150ml (1/4 pint) soured cream**

**15ml (1tbsp) cornflour**

**5ml (1tsp) vanilla essence**

**25g (1oz) sultanas**

**base:**

**75g (3oz) butter**

**15ml (1tbsp) golden syrup**

**175g (6oz) ginger biscuits, crushed**

**to decorate:**

**slices of fresh fruit, eg. strawberries, kiwi fruit**

**25g (1oz) plain chocolate, grated**

**PREPARATION TIME - 20 MINUTES**

1 Line the base and sides of a 1.5 litre (2½ pint), straight sided loaf dish with greaseproof paper.

2 Beat butter, sugar and honey together until smooth. Add eggs, cream cheese, orange rind and juice, soured cream, cornflour and vanilla essence, blend until smooth.

3 Fold in the sultanas and spoon into the prepared dish, place on the low rack. Cook on DUAL COOK 180°C, LOW for 50 minutes until set. The mixture may be a little soft in the centre, however, this will set when chilled.

4 To prepare the base, place butter and syrup in a bowl, heat on HIGH for 2 minutes. Add the crushed biscuits, mix well. Spread mixture evenly on top of the cheesecake, press down gently.

5 Chill for 2-3 hours. Invert the cheesecake onto a serving dish so that the biscuit layer is on the bottom. Peel off the greaseproof paper and decorate with slices of fresh fruit and grated chocolate.

### JAM ROLY POLY

---

SERVES 4-6

**225g (8oz) self raising flour**

**100g (4oz) shredded suet**

**150ml (1/4 pint) hot water**

**125g (5oz) strawberry jam**

*Serve with custard, see Tip, page 51.*

**PREPARATION TIME - 20 MINUTES**

1 Combine flour and suet with enough hot water to form a soft dough.

2 Roll out to give an oblong 24.2 x 17.8cm (9½ x 7"), approx. 6mm (¼") thick.

3 Spread jam evenly over the surface and roll up widthways, place seam side down in a greased ¾ litre (1½ pint) loaf dish. Cover and cook on HIGH for 6-7 minutes until firm to the touch.

### PECAN PIE

---

SERVES 4-6

**pastry:**

**125g (5oz) plain flour**

**100g (4oz) plain wholemeal flour**

**125g (5oz) butter**

**cold water to mix**

**filling:**

**225g (8oz) pecan nuts**

**225g (8oz) brown sugar**

**90ml (6tbsp) golden syrup**

**75g (3oz) butter, melted**

**3 eggs (size 3), beaten**

**5ml (1tsp) vanilla essence**

**PREPARATION TIME - 15 MINUTES**

1 To prepare pastry combine the flours and rub in the butter until mixture resembles fine breadcrumbs. Add enough cold water to make a soft but not sticky dough.

2 Line a greased 25.4cm (10") flan dish with pastry. Spread pecan nuts evenly over base, prepare filling.

3 Beat the sugar, syrup, butter, eggs and vanilla essence together until smooth. Pour over nuts.

4 Place on the low rack, bake on DUAL BAKE 200°C, MEDIUM LOW for 20-22 minutes until golden brown.

**Variation:**

Pecan nuts can be substituted with walnuts.

## DESSERTS

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### RASPBERRY, APPLE & ALMOND CRUMBLE

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SERVES 4-6

**filling:**

**225g (8oz) raspberries, fresh or frozen**

**2 eating apples, peeled and thinly sliced**

**50g (2oz) brown sugar**

**15ml (1tbsp) Crème de Cassis (optional)**

**crumble:**

**75g (3oz) butter**

**125g (5oz) plain flour**

**50g (2oz) ground almonds**

**75g (3oz) caster sugar**

**50g (2oz) toasted flaked almonds**

PREPARATION TIME - 10 MINUTES

1 Place raspberries, apples, sugar and crème de cassis in a 1.5 litre (2½ pint) casserole dish, mix well. Heat on HIGH for 8 minutes, stir every minute. Put to one side whilst preparing crumble.

2 Rub the butter into the flour until mixture resembles fine breadcrumbs, stir in the ground almonds and caster sugar.

3 Spoon the crumble evenly on top of the fruit.

4 Place on the low rack, cook on DUAL GRILL, MEDIUM LOW for 6-8 minutes.

*Top with toasted flaked almonds to serve.*

### BREAD & BUTTER PUDDING

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SERVES 4

**300ml (½ pint) milk**

**150ml (¼ pint) double cream**

**4 eggs (size 3), beaten**

**100g (4oz) Demerara sugar**

**2.5ml (½tsp) grated nutmeg**

**2.5ml (½tsp) ground cloves**

**175g (6oz) mixed dried fruit**

**50g (2oz) walnuts, chopped**

**225g (8oz) granary bread, thinly sliced and generously buttered**

**25g (1oz) Demerara sugar to sprinkle**

PREPARATION TIME - 12 MINUTES

1 Mix milk, cream, eggs, sugar, nutmeg and cloves.

2 In a separate bowl mix the dried fruit and walnuts.

3 Place a layer of bread, buttered side up on the bottom of a greased 2.5 litre (approx. 4 pint) casserole dish. Sprinkle with the dried fruit mixture and add a little of the milk mixture. Repeat this process for remaining ingredients, finishing with a layer of bread and reserving enough milk mixture to cover. Sprinkle with demerara sugar.

4 Place on low rack, bake in a preheated oven, DUAL BAKE 200°C, MEDIUM LOW for 24 minutes until set, golden brown and crispy.

### Microwave Tip: Softening ice-cream

Place a 1 litre (1¾ pint) tub of frozen ice-cream on the turntable (lid removed). Heat on MEDIUM for 1½-2 mins.

### LEMON MERINGUE PIE

---

SERVES 4-6

**225g (8oz) shortcrust pastry**

**filling:**

**1 quantity of Lemon Curd (see page 67)**

**meringue:**

**4 egg whites (size 3)**

**200g (7oz) caster sugar**

PREPARATION TIME - 25 MINUTES

1 Preheat the oven to CONVECTION 200°C.

2 Line a greased 25.4cm (10") flan dish with the pastry. Place on the low rack and bake in the preheated oven CONVECTION 200°C for 20 minutes until golden. Allow to cool.

3 Pour the lemon curd into the pastry case and allow to cool whilst preparing the meringue.

4 Preheat the oven to CONVECTION 180°C.

5 To prepare meringue, whisk egg whites until stiff. Fold in sugar, a little at a time, using a metal spoon.

6 Spread the meringue evenly over the top of the lemon filling forming small peaks all over.

7 Place on low rack, bake in preheated oven CONVECTION 180°C for 20 minutes.

### Microwave Tip: Making 300ml (½ pint) custard

Combine 15ml (1tbsp) custard powder, 15ml (1tbsp) sugar and 300ml (½ pint) milk. Cook on HIGH for 3-4 minutes, stir every minute until thick.

## DESSERTS

### FIGGY PUDDING

SERVES 6

125g (5oz) dried figs, roughly chopped  
125g (5oz) dried apricots, roughly chopped  
100g (4oz) raisins  
100g (4oz) currants  
60ml (4tbsp) brandy  
75g (3oz) plain flour  
2.5ml (1/2tsp) allspice  
2.5ml (1/2tsp) grated nutmeg  
2.5ml (1/2tsp) ground cinnamon  
50g (2oz) fresh breadcrumbs  
75g (3oz) shredded suet  
100g (4oz) soft brown sugar  
50g (2oz) blanched almonds, roughly chopped  
grated rind of 1 medium orange  
grated rind of 1 medium lemon  
1 eating apple, grated  
15ml (1tbsp) black treacle  
1 egg (size 3), beaten

PREPARATION TIME - 2<sup>1</sup>/<sub>4</sub> HOURS

- 1 Place figs, apricots, raisins, currants, and brandy in a large bowl, mix well. Leave for 2 hours.
- 2 Place the flour, spices, breadcrumbs, suet, sugar, almonds, orange and lemon rind and apple in a bowl, mix well. Stir into the dried fruit mixture along with the treacle and beaten egg.
- 3 Grease 1.2 litre (2 pint) pudding basin and line the base with a circle of grease proof paper. Spoon in the pudding mixture, smooth the surface and cover with cling film.
- 4 Cook on MEDIUM for 15-16 minutes until firm to the touch.

#### Microwave Tip: Reheating Christmas pudding

Place a 500g (1lb 2oz) pudding in a shallow flan dish. Cover and heat on MEDIUM HIGH for 3-4 minutes.

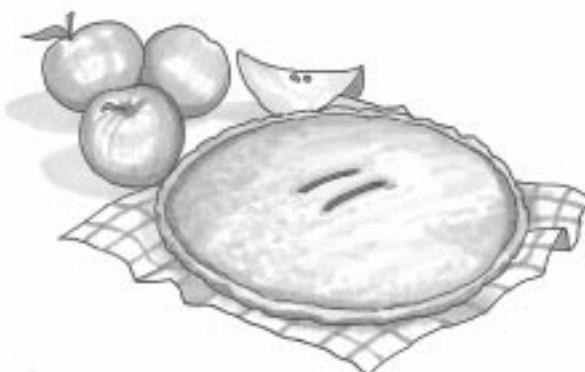
### APPLE PIE

SERVES 6

100g (4oz) butter  
225g (8oz) flour  
25g (1oz) sugar  
1 egg yolk (size 3)  
cold water to mix  
**Filling:**  
1kg (2lb) cooking apples, peeled & sliced  
100g (4oz) demerara sugar  
10ml (2tsp) ground cinnamon (optional)  
grated rind of 1 orange (optional)  
1 egg (size 3) mixed with a little milk to glaze  
demerara sugar

PREPARATION TIME - 25 MINUTES

- 1 For pastry, rub butter into flour until mixture resembles breadcrumbs. Stir in sugar and bind with egg yolk. Add enough cold water to make a soft but not sticky dough. Chill whilst making the filling.
- 2 For filling, combine apple, sugar, cinnamon (if using) and orange rind (if using) in a large bowl. Cook on HIGH for 8 minutes, stirring twice.
- 3 Preheat the oven to 220°C.
- 4 Line the base of a greased, 20.4 x 2.5cm (8x1") pie dish with half the pastry. Spoon in apple mixture, roll out remaining pastry and cover.
- 5 Pinch pastry edges to seal and make a slit in the centre with a sharp knife. Brush with egg mixture to glaze and sprinkle generously with sugar.
- 6 Place on the low rack, bake in a preheated oven DUAL COOK 220°C, MEDIUM for 15 minutes until golden.



## DESSERTS

### MERINGUES WITH STRAWBERRIES & CREAM

SERVES 4-6

1 egg white (size 3)

275-300g (10-11oz) icing sugar, sifted

300ml (1/2 pint) double cream, whipped

100g (4oz) fresh strawberries, sliced

Prior to serving, sandwich the meringue shells with whipped cream and sliced strawberries.

PREPARATION TIME - 8 MINUTES

- 1 Place the egg white in a large bowl, whisk lightly. Gradually stir in the icing sugar to give a firm, non-sticky fondant.
- 2 Roll into walnut sized balls, place 6 on the turntable lined with greaseproof paper. Cook on HIGH for 1-1 1/2 minute until meringue shells form.
- 3 Remove the meringues from the paper and allow to cool. Repeat for remaining fondant.

### SOUFFLES WITH RASPBERRY COULIS

SERVES 6

soufflés:

3 eggs (size 3), separated

5ml (1tsp) vanilla essence

100g (4oz) fromage frais

grated rind of 1 lemon

75g (3oz) caster sugar

raspberry coulis:

225g (8oz) raspberries

75g (3oz) caster sugar

30ml (2tbsp) medium white wine

juice of half a lemon (See Tip below)

icing sugar to sprinkle

PREPARATION TIME - 25 MINUTES

- 1 Preheat the oven to CONVECTION 220°C. Grease 6 ramekin dishes, sprinkle with sugar.
- 2 To prepare soufflés, whisk egg yolks and vanilla essence until thick and pale. Add fromage frais and lemon rind, mix until smooth.
- 3 Whisk egg whites separately to form stiff peaks. Add sugar, whisk until thick and glossy. Fold into egg yolk mixture.
- 4 Spoon equal amounts of soufflé into the prepared dishes. Place dishes in a large flan dish on the low rack.
- 5 Bake in preheated oven CONVECTION 220°C for 23-25 minutes until set. Chill to serve.
- 6 To prepare coulis, mix raspberries, sugar, lemon juice and wine. Cook on HIGH for 6-7 minutes, stirring twice. Blend until smooth and chill.
- 7 To serve, turn soufflés on to individual serving plates. Spoon raspberry coulis around each and sprinkle generously with icing sugar.



### STICKY TOFFEE PUDDING

SERVES 4-6

175g (6oz) stoned dates, chopped

200ml (7floz) boiling water

3.75ml (3/4tsp) bicarbonate of soda

2.5ml (1/2tsp) vanilla essence

10ml (2tsp) instant coffee dissolved in a little water

75g (3oz) butter

125g (5oz) caster sugar

2 eggs (size 3), beaten

175g (6oz) plain flour

1 quantity of Walnut Toffee Sauce (see page 67)

PREPARATION TIME - 15 MINUTES

- 1 Place the dates in a large bowl, add the boiling water, bicarbonate of soda, vanilla essence and dissolved coffee, mix well.
- 2 Cream butter and sugar together in a separate bowl until light and fluffy, beat in the eggs. Fold in the flour and dates, mix well. The resulting mixture will be sloppy. Grease and line the base of a 1.2 litre (2 pint) pudding basin with grease proof paper, pour in the pudding mixture.
- 3 Place on low rack, bake on DUAL COOK 180°C, LOW for 30 minutes until a skewer comes out clean. Allow to cool slightly before turning out on a warmed serving plate.
- 4 Pour the sauce over the pudding and serve hot.

**Microwave Tip:** More juice from oranges & lemons

Cut fruit in half and pierce lightly with a fork. Place in a shallow flan dish, cut side down. Heat on HIGH for 2 minutes.

## DESSERTS



*Sticky Toffee Pudding with Walnut & Toffee Sauce (page 53); Soufflé with Raspberry Coulis (page 53); Meringues with Strawberries & Cream (page 53); Floating Islands (page 54).*

### FLOATING ISLANDS

SERVES 4-6

#### custard:

10ml (2tsp) cornflour

450ml (3/4 pint) milk

100g (4oz) caster sugar

2.5ml (1/2tsp) almond essence

4 egg yolks (size 3)

#### islands:

2 egg whites (size 3)

90ml (6tbsp) icing sugar

45ml (3tbsp) honey, warmed (See Tip, page 60)

PREPARATION TIME - 15 MINUTES

- 1 To prepare custard, dissolve cornflour in a little of the milk. Place remaining milk in a bowl. Add sugar and essence. Heat on HIGH for 4-5 minutes, stir every minute.
- 2 Stir egg yolk mixture and cornflour into the hot milk mixture. Heat on MEDIUM for 5-6 minutes, stir every minute until smooth and thick.
- 3 Pour custard into four compôte dishes. Chill.
- 4 To prepare islands, whisk egg whites to form stiff peaks. Add icing sugar, whisk until thick.
- 5 Place heaped tablespoons of meringue mixture on a large plate. Cook on HIGH for 1 minute until firm and springy to the touch like marshmallows.
- 6 Place islands on to the chilled custard. Drizzle honey over the islands to serve.

#### Microwave Tip: Softening hard sugar

Place sugar in a bowl, sprinkle lightly with water and heat on HIGH for 1 minute.

## CAKES & BISCUITS

### CHRISTMAS CAKE

SERVES 8-10

225g (8oz) butter

175g (6oz) soft brown sugar

4 eggs (size 3), beaten

225g (8oz) plain flour

100g (4oz) currants

125g (5oz) raisins

125g (5oz) dried figs, chopped

100g (4oz) dried apricots, chopped

100g (4oz) glacé pineapple, chopped

75g (3oz) glacé cherries, halved

75g (3oz) ground almonds

grated rind of 1 large orange

5ml (1tsp) mixed spice

2.5ml (1/2tsp) nutmeg

2.5ml (1/2tsp) cinnamon

2.5ml (1/2tsp) almond essence

2.5ml (1/2tsp) vanilla essence

30ml (2tbsp) brandy or sherry

extra fruit and nuts to decorate (optional)

PREPARATION TIME - 25 MINUTES



- 1 Grease and line a 20.3cm (8"), loose bottomed cake tin with greaseproof paper.
- 2 Cream the butter and sugar in a large bowl, beat in the eggs. Fold in the flour until well mixed.
- 3 Add the currants, raisins, figs, apricots, pineapple, cherries and ground almonds, mix well.
- 4 Stir in the orange rind, spices, almond and vanilla essence together with the brandy or sherry.
- 5 Spoon the mixture into the prepared tin, smooth the surface, decorate with fruit and nuts if using.
- 6 Place on the low rack, bake on DUAL COOK 160°C, LOW for 60-65 minutes until brown, firm and a skewer comes out cleanly.



Christmas Cake (page 55).

## CAKES & BISCUITS

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### MOIST CARROT CAKE

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SERVES 6-8

150ml (1/4 pint) sunflower oil

225g (8oz) soft brown sugar

3 eggs (size 3), beaten

225g (8oz) self raising flour

5ml (1tsp) bicarbonate of soda

1.25 ml (1/4 tsp) salt

10ml (2tsp) cinnamon

175g (6oz) large carrots, grated

125g (5oz) walnut halves, roughly chopped

icing:

225g (8oz) cream cheese (See Tip below)

grated rind of 1 lemon

5ml (1tsp) lemon juice (See Tip, page 53)

30ml (2 tbsp) icing sugar

25g (1oz) walnuts, finely chopped to sprinkle

PREPARATION TIME - 15 MINUTES

- 1 Combine the oil, sugar and eggs. Fold in the flour, bicarbonate of soda, salt and cinnamon. Add the carrots and walnuts, mix well.
- 2 Grease and line a 20.4cm (8") soufflé dish with greaseproof paper, pour in the cake mixture.
- 3 Place on low rack, bake on DUAL COOK 200°C, MEDIUM LOW for 30 minutes until firm to the touch and a skewer comes out cleanly. Allow to cool before decorating.
- 4 To prepare icing, combine cream cheese, lemon rind, lemon juice and icing sugar until smooth. Spread on top of the cake, sprinkle with walnuts.

### VICTORIA SANDWICH CAKE

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SERVES 4-6

175g (6oz) margarine

175g (6oz) caster sugar

3 eggs (size 3), beaten

175g (6oz) self raising flour

45ml (3tbsp) strawberry jam

25g (1oz) icing sugar to dredge

Variation:

**Butterfly buns:** Place 10ml (2tsp) of cake mixture into 20 bun cases in bun trays. Bake in preheated oven CONVECTION 180°C for 23-24 minutes, after 15 minutes change the two trays around and continue cooking until firm. When cool, scoop a teaspoon of sponge from the centre of each bun, fill the hollow with buttercream. Cut each teaspoonful of sponge in half and position the "wings" in the buttercream.

PREPARATION TIME - 8 MINUTES

- 1 Preheat oven to CONVECTION 180°C. Grease and line the base of two 17.8cm (7") sandwich tins with greaseproof paper.
- 2 Cream the margarine and sugar until light and fluffy, beat in the eggs. Fold in the flour.
- 3 Spoon equal amounts of the cake mixture into the prepared tins.
- 4 Place one tin on the low rack and the other on the high rack. Bake in the preheated oven CONVECTION 180°C for 25 minutes, after 15 minutes change the two cakes around and continue cooking until evenly golden and firm to the touch. Allow to cool before turning out.
- 5 Sandwich with jam and dredge with icing sugar.

### LEMON SYRUP CAKE

---

SERVES 6-8

100g (4oz) butter

125g (5oz) caster sugar

2 eggs (size 3), beaten

grated rind of 2 large lemons

175g (6oz) self raising flour

30ml (2tbsp) milk

glaze:

juice of 1 medium lemon

50g (2oz) icing sugar

#### Microwave Tip: Softening cream cheese

Place 225g (8oz) cream cheese on a plate. Heat on MEDIUM LOW for 1 minute until soft.

PREPARATION TIME - 25 MINUTES

- 1 Grease and line the base of a 17.8cm (7") cake dish with greaseproof paper.
- 2 Preheat the oven to 180°C.
- 3 Cream butter and sugar until light and fluffy, beat in eggs and lemon rind, fold in flour and milk. Spoon mixture into dish, smooth surface.
- 4 Place on low rack, preheat oven to CONVECTION 180°C, bake for 40 minutes.
- 5 Allow to cool before turning out and glazing. To prepare glaze, mix lemon juice and icing sugar, heat on HIGH for 2 minutes until icing sugar has dissolved. Brush all over cake.

## CAKES & BISCUITS

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### PASSION CAKE

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SERVES 6-8

**125g (5oz) wholemeal self raising flour**  
**100g (4oz) self-raising flour**  
**10ml (2tsp) baking powder**  
**125g (5oz) caster sugar**  
**75g (3oz) walnuts, finely chopped**  
**100g (4oz) raisins**  
**10ml (2tsp) cinnamon**  
**3 eggs (size 3), beaten**  
**juice and grated rind of 1 orange (Tip, page 53)**  
**150ml (1/4 pint) sunflower oil**  
**175g (6oz) carrots, grated**  
**filling:**  
**50g (2oz) butter**  
**100g (4oz) icing sugar**  
**grated rind of half a medium orange**  
**15ml (1tbsp) orange juice (see Tip, page 53)**

PREPARATION TIME - 20 MINUTES

- 1 Place flours, baking powder, sugar, walnuts, raisins and cinnamon in a large bowl, mix well.
- 2 Add the eggs, orange juice and rind, oil and grated carrot, mix well.
- 3 Grease and line the base of a 17.8cm (7") cake dish with greaseproof paper
- 4 Place on low rack, bake on DUAL COOK 200°C, MEDIUM LOW for 30 minutes until golden and a skewer comes out cleanly. Allow to cool slightly before turning out.
- 5 To prepare the filling, place butter, icing sugar, orange juice and rind in a bowl, mix until smooth. Slice the cake in half and fill with the buttercream, dredge with icing sugar.

### LATTICE CAKE

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SERVES 6-8

**100g (4oz) butter**  
**100g (4oz) caster sugar**  
**3 eggs (size 3), beaten**  
**100g (4oz) plain flour**  
**75g (3oz) ground almonds**  
**175g (6oz) mixed dried fruit**  
**decorate:**  
**50g (2oz) marzipan (see Tip, page 57)**  
**25g (1oz) glacé cherries, halved**  
**25g (1oz) walnut halves**

PREPARATION TIME - 20 MINUTES

- 1 Cream the butter and sugar until light and fluffy, beat in the eggs. Fold in the flour, ground almonds and fruit until well combined.
- 2 Spoon the cake mixture into a greased, lined 17.8cm (7") dish, smooth the surface.
- 3 Roll out the marzipan thinly and cut into 8 equal strips, place 4 strips 2cm (1 1/2") apart on top of the cake and place remaining strips on top in the opposite direction to create a lattice effect.
- 4 Place cherry and walnut halves alternately in each of the empty squares created by the pattern.
- 5 Place on low rack, bake on DUAL COOK 200°C, LOW for 22-24 minutes until golden and firm.

### CHERRY & ALMOND CAKE

---

SERVES 6

**175g (6oz) butter**  
**175g (6oz) caster sugar**  
**3 eggs (size 3)**  
**175g (6oz) plain flour**  
**5ml (1tsp) baking powder**  
**100g (4oz) glacé cherries, quartered**  
**75g (3oz) ground almonds**  
**5ml (1tsp) almond essence**  
**15ml (1tbsp) milk**

PREPARATION TIME - 12 MINUTES

- 1 Cream the butter and sugar together until light and fluffy, beat in the eggs.
- 2 Fold in flour and baking powder, stir in cherries, ground almonds, almond essence and milk.
- 3 Grease and line the base of a 17.8cm (7") cake dish with greaseproof paper. Spoon in the cake mixture and smooth the surface.
- 4 Place on low rack, bake on DUAL BAKE 200°C, MEDIUM LOW for 20 minutes until golden and a skewer comes out cleanly.

#### Microwave Tip: Softening hard marzipan

Remove marzipan from packaging, place on turntable and heat on HIGH for 30 seconds.

## CAKES & BISCUITS

### PLAIN MICROWAVE CAKE

SERVES 4-6

100g (4oz) margarine

100g (4oz) caster sugar

2 eggs (size 3), beaten

100g (4oz) self raising flour

30-45ml (2-3tbsp) water

PREPARATION TIME - 8 MINUTES

- 1 Cream margarine and sugar, beat in the eggs. Fold in the flour and water. Grease and line the base of a 17.8cm (7") cake dish with greaseproof paper. Spoon mixture into dish and smooth.
- 2 Cook on HIGH for 4-5 minutes until firm. Allow to cool slightly before turning out.

### HONEY & LEMON SQUARES

SERVES 6

125g (5oz) butter

50g (2oz) set honey (See Tip, page 60)

50g (2oz) soft brown sugar

1 egg (size 3)

grated rind and juice of 1 lemon (Tip, page 53)

175g (6oz) self raising flour

30ml (2tbsp) milk

topping:

15ml (1tbsp) lemon juice (see Tip, page 53)

15ml (1tbsp) clear honey (see Tip, page 60)

demerara sugar to sprinkle

PREPARATION TIME - 8-10 MINUTES

- 1 Grease and line the base of a square 20.4cm (8") dish with kitchen paper.
- 2 Cream the butter, honey and sugar until light and fluffy. Beat in egg and lemon rind, stir in lemon juice, flour and milk.
- 3 Spoon mixture into the prepared dish. Cook on MEDIUM for 8 minutes until firm to the touch. Cool before turning out.
- 4 Topping, place lemon juice and honey in a bowl, mix well. Heat on HIGH for 1 minute. Brush over the cake, sprinkle with sugar, cut into squares.

### BANANA & ORANGE TEABREAD

SERVES 6

100g (4oz) self raising flour

100g (4oz) wholemeal self raising flour

100g (4oz) light soft brown sugar

100g (4oz) margarine, melted

3 ripe bananas, mashed (See Tip, page 37)

1 egg (size 3), beaten

juice and rind of 1 orange (see Tip, page 53)

5ml (1tsp) mixed spice

topping:

25g (1oz) toasted almonds (See Tip, page 19)

PREPARATION TIME - 8 MINUTES

- 1 Combine all ingredients in a large bowl. Spoon the mixture into a greased 1.5 litre (2 1/2 pint) loaf dish. Sprinkle the surface with toasted almonds.
- 2 Cook on MEDIUM for 15 minutes, until firm to the touch and a skewer comes out cleanly. Leave to cool before turning out.

*To serve slice and spread with butter.*

### MARBLED CHOCOLATE LOAF

SERVES 6

175g (6oz) butter

175g (6oz) caster sugar

3 eggs (size 3)

175g (6oz) plain flour

grated rind of 1 orange

50g (2oz) plain chocolate, broken into pieces

PREPARATION TIME - 8 MINUTES

- 1 Grease and line the base of a 1.2 litre (2 pint) loaf dish with greaseproof paper.
- 2 Cream butter and sugar, beat in eggs. Fold in flour. Place half the mixture in separate bowl, stir in orange rind. Heat chocolate on HIGH for 2 minutes, stir every 30 seconds until melted. Stir chocolate into remaining mixture. Place alternate spoonfuls of the two mixtures into prepared dish.
- 3 Use a skewer to swirl mixture creating a marbled effect, smooth the surface.
- 4 Cook on HIGH for 6 minutes until a skewer comes out clean. Allow to cool before turning out.

#### Microwave Tip: Melting chocolate

Break 50g (2oz) chocolate into small pieces and place in a bowl. Heat on HIGH for 2 minutes, stir every 30 seconds until evenly melted.

### CARAMEL SHORTBREAD

SERVES 6-8

**shortbread:**

**100g (4oz) butter**

**50g (2oz) caster sugar**

**125g (5oz) plain flour**

**25g (1oz) ground rice**

**caramel:**

**50g (2oz) butter**

**50g (2oz) caster sugar**

**200g (7oz) condensed milk**

**15ml (1tbsp) golden syrup**

**topping:**

**100g (4oz) milk chocolate, in small pieces**

**Variation:**

**Shortbread:** Omit caramel and chocolate. Make as to Stage 3. Before cooling, dredge with sugar, prick all over with a skewer and cut into wedges.

**PREPARATION TIME -15 MINUTES**

- 1 To prepare the shortbread, cream the butter and sugar until light and fluffy, gradually add the flour and ground rice to make a firm dough.
- 2 Press the dough evenly into a greased 17.8cm (7") flan dish, cook on MEDIUM for 6 minutes.
- 3 Press the hot shortbread firmly down with the back of a spoon, allow to cool.
- 4 To prepare the caramel, place all ingredients in a bowl, mix well. Cook on HIGH for 5 minutes, stir every minute until toffee coloured.
- 5 Pour caramel onto the shortbread, chill to set.
- 6 When caramel is cold, place the chocolate in a small bowl and heat on HIGH for 3 minutes, stir every minute until evenly melted. Spread on to the caramel, chill to set the chocolate before cutting into slices.



Shortbread (page 59); Honey & Lemon Squares (page 58); Chocolate Brownies (page 60); Rich Flapjack (page 60); Banana & Orange Teabread (page 58); Christmas Cake (page 55), Marbled Chocolate Loaf (page 58); Parkin (page 60); Moist Carrot Cake (page 56).

## CAKES & BISCUITS

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### PARKIN

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SERVES 6-8

**225g (8oz) medium oatmeal**

**225g (8oz) self raising flour**

**10ml (2tsp) ground ginger**

**225g (8oz) margarine**

**225g (8oz) brown sugar**

**225g (8oz) golden syrup**

**300ml (1/2 pint) milk**

**Microwave Tip: Softening crystallised honey**

Place 100g (4oz) honey in a bowl. Heat on HIGH for 1 minute until runny.

**PREPARATION TIME - 10 MINUTES**

1 Place oatmeal, flour and ginger in a bowl, mix well.

2 Place the margarine, sugar, syrup and milk in a large bowl, heat on HIGH for 5 minutes, stir every minute. Stir in flour mixture, mix well.

3 Grease and line the base of a deep, square 20.4cm (8") dish with greaseproof paper, pour in parkin mixture.

4 Place on low rack, bake on DUAL COOK 180°C, MEDIUM LOW for 25 minutes until well risen and a skewer comes out clean.

### RICH FLAPJACK

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SERVES 6-8

**175g (6oz) butter**

**100g (4oz) caster sugar**

**175g (6oz) golden syrup**

**275g (10oz) jumbo oats**

**PREPARATION TIME -15 MINUTES**

1 Place the butter, sugar and syrup in a large bowl, heat on HIGH for 3-4 minutes, stir every minute until melted, add the oats, mix well.

2 Spoon mixture into a greased 20.3cm (8") flan dish, smooth the surface.

3 Place on low rack, use sequence programming to cook on MEDIUM for 7 minutes, then on DUAL GRILL, MEDIUM LOW for 4 minutes until brown.

### SHREWSBURY BISCUITS

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SERVES 6-8

**100g (4oz) butter**

**100g (4oz) caster sugar**

**1 egg (size 3), beaten**

**225g (8oz) plain flour**

**grated rind of 1 lemon**

**5ml (1tsp) lemon juice**

**PREPARATION TIME -12 MINUTES**

1 Preheat oven to CONVECTION 200°C and grease two flan dishes.

2 Cream the butter and sugar, beat in the egg.

3 Stir in flour, lemon rind and juice to form a firm dough. Chill.

4 Roll out dough until 0.6cm (1/4") thick. Cut out round biscuits 6.3cm (2 1/2") in diameter. Arrange in prepared dishes.

5 Place one dish on the low rack and the other on the high rack. Bake in preheated oven CONVECTION 200°C for 15 minutes.

### CHOCOLATE BROWNIES

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SERVES 6-8

**340g (8oz) margarine**

**340g (8oz) caster sugar**

**7.5ml (2 1/2tsp) vanilla essence**

**6 eggs (size 3), beaten**

**150g (4oz) plain flour**

**75g (2oz) cocoa powder**

**2.5ml (1tsp) baking powder**

**100g (3oz) walnuts, roughly chopped**

**PREPARATION TIME -10 MINUTES**

1 Combine the margarine, sugar, vanilla essence and eggs together until smooth.

2 Stir in the remaining ingredients.

3 Grease and line the base of a deep, square 20.4cm (8") dish with greaseproof paper, spoon in the brownie mixture and smooth the surface.

4 Place on the low rack, bake on DUAL COOK 180°C, MEDIUM LOW for 25 minutes until a skewer comes out cleanly.

## BREAD & SCONES

### MILK BREAD

MAKES 2 LOAVES

**675g (1½lb) strong white flour**

**1 x 7g sachet of easy blend yeast**

**10ml (2tsp) caster sugar**

**5ml (1tsp) salt**

**50g (2oz) butter**

**450ml (¾ pint) hand hot milk**

**1 egg (size 3), beaten to glaze**

#### Variations:

**Wholemeal Bread:** Substitute strong white flour with strong wholemeal flour.

**Crisp wholemeal rolls:** Divide into 12 even pieces at Stage 4. Place in two greased flan dishes and prove one layer at a time on LOW for 3-4 minutes.

**Jet Convection:** Cook one layer at a time on the low rack. Cook on DUAL COOK 220°C, LOW for 10 minutes until golden.

**Quartz Grill:** Place on the low rack and cook on DUAL GRILL, MEDIUM for 7-8 minutes until golden.

PREPARATION TIME - 15 MINUTES

- 1 Place flour, yeast, sugar and salt in a large bowl, mix well. Rub in the butter, add milk, mix to a soft, pliable dough. Turn out and knead for 3-4 minutes until smooth. Return dough to bowl, cover with cling film.
- 2 Place on turntable, prove on CONVECTION 40°C for 20-25 minutes until almost double in size.
- 3 Divide dough into two equal pieces, knead each in turn for 2-3 minutes. Shape dough into oblongs to fit two greased, 1.5 litre (2½ pint) Pyrex® loaf dishes. Cover with cling film, return to oven to prove.
- 4 Prove on CONVECTION 40°C for 10-15 minutes.
- 5 Remove cling film. Glaze with egg, using scissors, make shallow snips all over the surface to make a "spiky" effect (optional).
- 6 Place both dishes on low rack, bake in a preheated oven CONVECTION 220°C for 25-30 minutes until golden.



### CRUSTY CHEESE TWIST

SERVES 6-8

**675g (1½lb) strong white flour**

**1 x 7g sachet easy blend yeast**

**10ml (2tsp) caster sugar**

**5ml (1tsp) salt**

**25g (1oz) butter**

**450ml (¾ pint) hand hot water**

**175g (6oz) Edam cheese, grated**

**15ml (1tbsp) fresh parsley, chopped**

**1 egg (size 3), beaten to glaze**

Serve with soup or use as a sandwich bread.

PREPARATION TIME - 20 MINUTES

- 1 Mix flour, yeast, sugar and salt in a large bowl, rub in the butter.
- 2 Add water, mix to a soft dough. Turn out and knead for 3-4 minutes. Return dough to bowl, cover with cling film. Prove on CONVECTION 40°C for 20-25 minutes until double in size.
- 3 Roll out the dough to make a rectangle 38 x 28cm (15 x 11"), sprinkle with the cheese and parsley. Roll up widthways. Cut in half, roll each half into a long sausage shape. Overlap the two rolls alternately to form a twist, pull the two ends together into a ring. Seal ends with a little egg.
- 4 Place the cheese twist onto a greased, round baking tray, cover with cling film. Prove on CONVECTION 40°C for 10-15 minutes.
- 5 Preheat the oven to CONVECTION 220°C. Whilst the oven is preheating chill the dough, this will prevent the dough from over rising.
- 6 Glaze the dough with egg, bake in the oven on CONVECTION 220°C, for 25 minutes.

#### Microwave Tip: Freshening bread

Place 100g (4oz) bread on the turntable and heat on HIGH for 30 seconds.

## BREAD & SCONES

### CHELSEA BUNS

SERVES 6



**225g (8oz) strong plain flour**

**10ml (2tsp) dried yeast**

**5ml (1tsp) caster sugar**

**15g (1/2oz) butter**

**1 egg (size 3), beaten**

**120ml (4floz) hand hot milk**

**filling: 50g (2oz) butter**

**50g (2oz) soft brown sugar**

**100g (4oz) mixed dried fruit**

**grated rind of 1 medium orange**

**5ml (1tsp) cinnamon**

**glaze: 30ml (2tbsp) golden syrup**

**PREPARATION TIME - 20 MINUTES**

- 1 In a bowl mix flour, yeast and sugar. Rub in butter. Add egg and milk, mix to a soft dough, knead until smooth and elastic. Return dough to bowl, cover with cling film.
- 2 Place on turntable, prove on CONVECTION 40°C for 15-20 minutes.
- 3 Knead dough for 2-3 minutes. Roll into rectangle 12 x 9". Mix filling ingredients. Heat on HIGH for 2 minutes. Spread fruit over dough, roll up widthways. Cut into nine slices, place flat side down in a square 8" dish, cover with cling film.
- 4 Prove on CONVECTION 40°C for 12 minutes. Remove cling film.
- 5 Preheat the oven to 220°C.
- 6 Place on low rack, bake in a preheated oven on DUAL COOK 220°C, LOW for 18-20 minutes.

*Turn out and brush with syrup whilst hot.*



*Clockwise from bottom left: Crusty Cheese Twist (page 61); Date & Walnut Bread (page 63); Chelsea Buns (page 62); Danish Tea Ring (page 64); Milk Bread (page 61); Soda Bread (page 63); Potato Bread (page 63).*

## BREAD & SCONES

### POTATO BREAD

SERVES 4

**275g (10oz) potato, cooked and mashed**

**275g (10oz) self raising flour**

**100g (4oz) mature Cheddar cheese, grated**

**5ml (1tsp) salt**

**5ml (1tsp) mixed dried herbs**

**2 cloves garlic, crushed (see Tip, Page 29)**

**10ml (2tsp) whole grain mustard**

**1 egg (size 3), beaten**

**75ml (5tbsp) milk**

**1 egg (size 3), beaten to glaze**

**5ml (1tsp) fresh parsley, chopped to sprinkle**

**PREPARATION TIME - 15 MINUTES**

1 Place the potato, flour, cheese, salt, herbs, garlic and mustard in a large bowl, mix well.

2 Add the egg and milk, mix to form a soft dough. Knead the dough into a round shape approx. 20.4cm (8") in diameter. Place in a 25.4cm (10") flan dish, brush with egg to glaze, sprinkle with parsley.

3 Place on the low rack, use sequence programming to cook on MEDIUM for 8 minutes, then on DUAL GRILL, MEDIUM for 6-8 minutes until golden.

*Serve with soup, cheese or salad.*

### SODA BREAD

SERVES 4

**175g (6oz) wholemeal self raising flour**

**100g (4oz) medium oatmeal**

**2.5ml (1/2tsp) salt**

**5ml (1tsp) bicarbonate of soda**

**25g (1oz) butter**

**120ml (4floz) natural yoghurt**

**90ml (6tbsp) milk**

**1 egg (size 3), beaten to glaze**

**sesame seeds to sprinkle**

**PREPARATION TIME - 15 MINUTES**

1 Combine flour, oatmeal, salt, bicarbonate of soda in a large bowl. Rub in the butter.

2 Add the yoghurt and milk, mix to form a soft but not sticky dough.

3 Knead lightly into a round shape approx. 20.4 cm (8") in diameter. Place in a greased 25.4cm (10") flan dish.

4 Use a knife to mark into 8 wedges, cut only halfway through dough. Glaze surface with egg, sprinkle with sesame seeds.

5 Preheat the oven to 220°C.

6 Place on low rack, bake in a preheated oven on DUAL COOK 200°C, LOW for 16-18 minutes until golden.

*Serve with cheese and a salad.*

#### Microwave Tip: Ripening cheese

Place 100g (4oz) cheese (e.g. Camembert or Brie) on a plate and heat on MEDIUM for 20-30 seconds.

### DATE & WALNUT BREAD

SERVES 6-8

**175g (6oz) dates, chopped**

**150ml (1/4 pint) boiling water**

**225g (8oz) plain flour**

**125g (5oz) wholemeal flour**

**125g (5oz) caster sugar**

**2.5ml (1/2tsp) salt**

**2.5ml (1/2tsp) bicarbonate of soda**

**100g (4oz) butter**

**125g (5oz) walnuts, roughly chopped**

**150ml (1/4 pint) milk**

**1 egg (size 3), beaten**

**PREPARATION TIME - 15 MINUTES**

1 Place dates in a large bowl, add the boiling water, leave aside to cool.

2 Place flours, sugar, salt and bicarbonate of soda in a bowl, mix well. Rub in butter until mixture resembles fine breadcrumbs, stir in walnuts.

3 Add the date mixture, milk and egg, mix well.

4 Grease and line the base of a 1.5 litre (2 1/2 pint), straight-sided loaf dish with greaseproof paper. Spoon in loaf mixture and smooth the surface.

5 Preheat the oven to 200°C.

6 Place on low rack, bake in a preheated oven on DUAL COOK 200°C, MEDIUM for 16-18 minutes until a skewer comes out cleanly.

*Serve sliced, spread generously with butter.*

## BREAD & SCONES

### DANISH TEA RING

SERVES 6-8

**250g (9oz) strong plain flour**

**5ml (1tsp) dried yeast**

**5ml (1tsp) caster sugar**

**5ml (1tsp) salt**

**25g (1oz) butter**

**1 egg (size 3), beaten**

**120ml (4floz) hand hot milk**

**25g (1oz) butter, melted**

**filling:**

**100g (4oz) ground almonds**

**100g (4oz) caster sugar**

**2.5ml (1/2tsp) almond essence**

**2 egg whites (size 3)**

**topping:**

**175g (6oz) icing sugar**

**10ml (2tsp) lemon juice**

**10ml (2tsp) water**

**flaked almonds, to sprinkle**

**glacé cherries, halved, to sprinkle**

**PREPARATION TIME - 25 MINUTES**

- 1 Place flour, yeast, sugar and salt in a bowl, mix well. Rub in butter. Add egg and milk, mix to a soft dough. Knead lightly. Return to the bowl, cover with cling film.
- 2 Place on low rack, prove on CONVECTION 40°C for 15-20 minutes.
- 3 Roll the dough into a rectangle 20.4 x 38cm (8 x 14"), brush with melted butter.
- 4 Preheat the oven to 220°C.
- 5 Prepare filling, mix almonds, sugar, essence and egg whites to a paste. Spread over the dough, roll up tightly from longest side.
- 6 Place roll in a large, greased flan dish, join ends to form a ring. Using scissors snip 1cm (1/2") into the dough along the length of the ring at 2cm (3/4") intervals. Cover loosely with cling film.
- 7 Place on turntable, prove on CONVECTION 40°C for 12 minutes. Remove cover.
- 8 Place on low rack, bake in a preheated oven CONVECTION 220°C for 25-30 minutes until golden. Cool before decorating.
- 9 To prepare topping, mix icing sugar, lemon juice and water until smooth. Spread evenly over tea ring, sprinkle with flaked almonds and cherries.

#### Microwave Tip: Drying breadcrumbs

Spread 100g (4oz) fresh breadcrumbs evenly over a large plate. Heat on HIGH for 2-3 minutes, stir every minute until crispy.

## FRUIT SCONES

SERVES 6-8

**225g (8oz) self raising flour**

**50g (2oz) caster sugar**

**50g (2oz) butter**

**50g (2oz) sultanas**

**1 egg (size 3), beaten with milk to make 150ml (1/4 pint)**

**1 egg (size 3), beaten to glaze**

**PREPARATION TIME - 15 MINUTES**

- 1 Preheat oven to CONVECTION 200°C and grease two large flan dishes.
- 2 Combine the flour and sugar in a bowl, rub in the butter and stir in the fruit. Add enough egg and milk mixture to form a soft dough.
- 3 Roll out until 2cm (3/4") thick, cut out scones 6.4cm (2 1/2") in diameter.
- 4 Place the scones in the prepared dishes and brush with egg to glaze.
- 5 Place one dish on low rack and the other on the high rack, bake in the preheated oven CONVECTION 200°C for 25 minutes, after 15 minutes change the 2 trays around, until golden.

**Fresh herb scones:** Omit sugar and sultanas. Add 5ml (1tsp) fresh parsley, 5ml (1tsp) fresh sage and 5ml (1tsp) fresh thyme at Stage 2.

#### Variations:

**Wholemeal scones:** Substitute white self raising flour with wholemeal self raising flour, omit sultanas.

**Date scones:** Substitute white self raising flour with wholemeal self raising flour and the sultanas with 50g (2oz) dates, finely chopped.

**Spiced apple scones:** Substitute white self raising flour with wholemeal flour and sultanas with 1 eating apple, grated. Add 5ml (1tsp) cinnamon at Stage 2.

**Cheese and chive scones:** Omit sugar and sultanas. Add 100g (4oz) grated Cheddar cheese, 15ml (1tbsp) dried chives, salt and pepper at Stage 2.

## SAUCES

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### WHITE SAUCE

---

MAKES 300ML (1/2 PINT)

**25g (1oz) butter**

**25g (1oz) plain flour**

**300ml (1/2 pint) milk**

**salt and pepper to taste**

**Variations:**

**Cheese sauce:** Add 75g (3oz) grated cheese and 5ml (1tsp) mustard powder at Stage 2. Serve with vegetables, fish, meat.

**Parsley sauce:** Stir 15-30ml (1-2tbsp) chopped parsley into the finished sauce. Serve with fish.

**Onion sauce:** Stir 1 large cooked onion, finely chopped, into finished sauce. Heat on HIGH for 1 minute. Serve with meat or vegetables.

**PREPARATION TIME - 4 MINUTES**

1 Place the butter in a bowl, heat on HIGH for 1 minute until melted.

2 Stir in the flour and gradually whisk in the milk. Cook on HIGH for 3 minutes, stir every minute until thick and smooth. Season with salt and pepper

**Mushroom sauce:** Add 2 sliced spring onions, 50g (2oz) chopped mushrooms and 5ml (1tsp) chopped parsley at the beginning of Stage 2. Serve with fish.

**Sweet white sauce:** Omit salt and pepper from the basic recipe. Add 50g (2oz) caster sugar at Stage 2. Serve with puddings as an alternative to custard.

### HOLLANDAISE SAUCE

---

MAKES 150ML (1/4 PINT)

**30ml (2tbsp) white wine vinegar**

**6 black peppercorns**

**1.25ml (1/4tsp) dried rosemary**

**100g (4oz) unsalted butter**

**2 egg yolks (size 3)**

**pinch of salt**

**5ml (1tsp) lemon juice**

**PREPARATION TIME - 4 MINUTES**

1 Place vinegar, peppercorns and rosemary in a bowl, heat on HIGH for 1 minute. Strain.

2 In a separate dish melt 15g (1/2oz) of the butter on HIGH for 30 seconds and whisk in the egg yolks. Whisk egg mixture into the vinegar, heat on HIGH for 10 seconds and whisk again. Gradually whisk in remaining butter a knob at a time until smooth and thick, stir in salt and lemon juice.

*Serve warm or cold with steak or fish.*

### BLUE CHEESE SAUCE

---

MAKES 150ML (1/4 PINT)

**75g (3oz) Danish Blue cheese, finely chopped**

**45ml (3tbsp) soured cream**

**30ml (2tbsp) fresh parsley, chopped**

**salt and pepper to taste**

**PREPARATION TIME - 5 MINUTES**

1 Place the cheese, soured cream and parsley in a bowl, mix well. Season.

2 Heat on HIGH for 2-3 minutes.

*Serve with Pasta with Pinenuts (page 44).*

### SPICY TOMATO SAUCE

---

MAKES 600ML (1 PINT)

**8 large tomatoes, chopped**

**1 large onion, chopped**

**2 cloves garlic, crushed (see Tip, page 29)**

**300ml (1/2 pint) red wine**

**2.5ml (1/2tsp) chilli powder**

**15ml (1tbsp) whole grain mustard**

**30ml (2tbsp) tomato paste**

**PREPARATION TIME - 8 MINUTES**

1 Combine all ingredients in a large bowl. Cook on HIGH for 20-24 minutes, stir every 5-6 minutes.

2 Blend in a food processor until smooth.

*Serve with stuffed tofu, see page 40.*

## SAUCES & PRESERVES

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### TOFFEE & WALNUT SAUCE

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MAKES 300ML (1/2 PINT)

125g (5oz) butter

175g (6oz) dark soft brown sugar

90ml (6tbsp) double cream

50g (2oz) walnuts, finely chopped

PREPARATION TIME - 8 MINUTES

1 Combine all ingredients in a bowl, heat on MEDIUM HIGH for 4-5 minutes, stir every minute until sugar has dissolved and the mixture is thick and glossy.

*Serve hot with ice-cream or Sticky Toffee Pudding (page 53).*

### CHOCOLATE SAUCE

---

MAKES 150ML (1/4 PINT)

50g (2oz) plain chocolate

30ml (2tbsp) water

90ml (6tbsp) evaporated milk

5ml (1tsp) cornflour

5ml (1tsp) caster sugar

5ml (1tsp) vanilla essence

PREPARATION TIME - 5 MINUTES

1 Heat chocolate and water on HIGH for 1 minute, stir after 30 seconds. Stir vigorously until melted.  
2 Add evaporated milk, cornflour and sugar. Heat on HIGH for 1-2 minutes, mix well. Finally, stir in the vanilla essence.

*Serve hot or cold with ice-cream, chocolate sponge.*

### DATE CHUTNEY

---

MAKES 800g (1 3/4 LB)

225g (8oz) dates, stoned and roughly chopped

225g (8oz) currants

1 medium onion, finely chopped

175g (6oz) brown sugar

2 cloves garlic, crushed (see Tip, page 29)

10ml (2tsp) salt

5ml (1tsp) chilli powder

300ml (1/2 pint) vinegar

PREPARATION TIME - 15 MINUTES

1 Place all ingredients in a large bowl, mix well.  
2 Cook on MEDIUM HIGH for 16-18 minutes, stir every 3-4 minutes.  
3 Spoon into hot, clean jars. Cover, seal and label.

**\* Setting Point:** To determine, place 5ml (1tsp) jam onto a saucer. Chill. Move surface of jam with finger, if it wrinkles, setting point has been reached.

### STRAWBERRY JAM

---

MAKES 675g (1 1/2 LB)

675g (1 1/2 lb) strawberries, washed and hulled

45ml (3tbsp) lemon juice (see Tip, Page 53)

675g (1 1/2 lb) caster sugar

PREPARATION TIME - 15 MINUTES

1 Place strawberries and lemon juice in a very large bowl.  
2 Heat on HIGH for 4 minutes until strawberries have softened. Add the sugar, mix well.  
3 Cook on MEDIUM HIGH for 30-35 minutes until setting point\* is reached, stir every 4-5 minutes.  
4 Pour into hot, clean jars. Cover, seal and label.

### RASPBERRY JAM

---

MAKES 900g (2LB)

675g (1 1/2 lb) raspberries, washed and hulled

45ml (3tbsp) lemon juice (see Tip, Page 53)

675g (1 1/2 lb) caster sugar

PREPARATION TIME - 15 MINUTES

1 Place raspberries and lemon juice in a very large bowl. Cook on HIGH for 4 minutes until raspberries soften.  
2 Stir in the sugar, cook on MEDIUM HIGH for 30-35 minutes until setting point\* is reached, stir every 4-5 minutes.  
3 Pour into hot, clean jars. Cover, seal and label.

## SWEETS

### LEMON CURD

MAKES 300g (12oz)

100g (4oz) butter

450g (1lb) caster sugar

juice of 4 medium lemons (see Tip, page 53)

grated rind of 4 lemons

4 eggs (size 3), beaten

PREPARATION TIME - 8 MINUTES

- 1 Place butter and sugar in a bowl. Heat on HIGH for 2 minutes until melted.
- 2 Mix, lemon juice and rind. Stir into the butter and sugar mixture. Heat on HIGH for 2 minutes until sugar has dissolved. Cool slightly.
- 3 Beat in the eggs, cook on MEDIUM for 8-9 minutes, stir every 2 minutes until thickened.
- 4 Pour into hot, clean jars. Cover, seal and label.

### PEANUT BRITTLE

MAKES 300g (10oz)

100g (4oz) caster sugar

75g (3oz) golden syrup

60ml (4tbsp) water

2.5ml (1/2tsp) baking powder

25g (1oz) butter

125g (5oz) unsalted peanuts, blanched

PREPARATION TIME - 8 MINUTES

- 1 Mix sugar, syrup and water in a bowl. Heat on HIGH for 2 minutes, stir every minute until sugar has dissolved.
- 2 Add the baking powder and butter, mix well. Heat on HIGH for 1 minute. Stir in the peanuts, cook on MEDIUM HIGH for 4-5 minutes, stir every minute until hard crack\* stage is reached.
- 3 Pour the mixture into a greased, square 15.3cm (6") dish, chill to set before breaking.

**\*Hard crack:** To determine drop a teaspoon of mixture into a glass of cold water and the toffee should be hard to the touch.

### TRUFFLES

MAKES 12

50g (2oz) plain chocolate, broken into pieces

25g (1oz) butter

75g (3oz) sponge cake, crumbled

25g (1oz) icing sugar

15ml (1tbsp) rum

100g (4oz) plain chocolate, to coat

100g (4oz) dark chocolate vermicelli, to coat

PREPARATION TIME - 20 MINUTES

- 1 Place chocolate and butter in a bowl. Heat on HIGH for 1 minute, stir until melted.
- 2 Add sponge, icing sugar and rum, mix well.
- 3 Chill the mixture until set enough to handle. Lightly dust your hands with icing sugar and roll the truffle mixture unto 12 even sized balls.
- 4 Break chocolate and place in a bowl. Heat on HIGH for 2-3 minutes, stir every 30 seconds until melted.
- 5 Pour the vermicelli into a separate bowl.
- 6 Roll each truffle ball first in the chocolate and then in the vermicelli, coat evenly. Place on greaseproof paper, chill to set.

### Microwave Tip: Toasting coconut

Spread 100g (4oz) desiccated coconut on a plate. Heat on HIGH for 2-3 minutes, stir every minute.

### CHOCOLATE FUDGE

MAKES 675g (1 1/2lb)

100g (4oz) milk chocolate, broken into pieces

100g (4oz) butter, melted

450g (1lb) icing sugar

45ml (3tbsp) milk

PREPARATION TIME - 6 MINUTES

- 1 Place the chocolate in a bowl and heat on HIGH for 2 minutes, stir every 30 seconds until melted.
- 2 Stir in butter, icing sugar and milk. Heat on HIGH for 2-3 minutes, stir vigorously every minute until the mixture is thick and glossy.
- 3 Pour into a greased, rectangular 20.4 x 15.3cm (8 x 6") dish, chill to set before cutting.



## COOKING FOR ONE

### COQ AU VIN

---

SERVES 1-2

IDEAL SERVED WITH RICE AND A CRISP GREEN SALAD

**50g (2oz) bacon, chopped**

**1 small onion, chopped**

**1 clove garlic, crushed (see Tip, Page 29)**

**15g (1/2oz) plain flour**

**salt and pepper to taste**

**150ml (1/4 pint) red wine**

**150ml (1/4 pint) chicken stock**

**2 chicken portions**

**100g (4oz) button mushrooms**

**1 bay leaf**

PREPARATION TIME - 12 MINUTES

- 1 Place bacon, onion and garlic in a 1.5 litre (2 1/2 pint) casserole dish, mix well. Cook on HIGH for 1 minute.
- 2 Add the flour, salt and pepper, mix well. Gradually stir in the wine and stock.
- 3 Add chicken, mushrooms and bay leaf.
- 4 Place on low rack, cook on DUAL COOK 200°C, MEDIUM HIGH for 20-25 minutes, stir every 5 minutes. Remove bay leaf.

### SWEET & SOUR SPARE RIBS

---

SERVES 1-2

IDEAL SERVED WITH NEW POTATOES AND CRISP VEGETABLES

**1 small onion, finely chopped**

**1/2 green pepper, finely chopped**

**2.5ml (1/2tsp) dried mixed herbs**

**1 clove garlic, crushed (see Tip, Page 29)**

**15g (1/2oz) butter**

**15g (1/2oz) plain flour**

**15ml (1tbsp) white wine vinegar**

**10ml (2tsp) soy sauce**

**150ml (1/4 pint) hot chicken stock**

**25g (1oz) soft dark brown sugar**

**400g (14oz) pork spare ribs, separated**

PREPARATION TIME - 8 MINUTES

- 1 Place the onion, green pepper, herbs, garlic and butter in a large bowl, mix well. Cook on HIGH for 1 minute.
- 2 Stir in the flour, gradually add the vinegar, soy sauce, stock and sugar. Cook on HIGH for 2-3 minutes, stir every minute until the mixture has thickened.
- 3 Add the ribs, cook on HIGH for 12-14 minutes. Stir and baste every 4 minutes.
- 4 Arrange the ribs in a warmed serving dish, pour the sauce over the top.

### APRICOT PUDDING

---

SERVES 1-2

**225g (8oz) canned apricot halves, drained**

**50g (2oz) margarine**

**50g (2oz) caster sugar**

**1 egg (size 3), beaten**

**75g (3oz) self raising flour**

**15ml (1tbsp) milk**

**25g (1oz) flaked almonds**

PREPARATION TIME - 15 MINUTES

- 1 Place apricots in the bottom of a 1 litre (1 3/4 pint) casserole dish.
- 2 Cream margarine and sugar, beat in egg. Fold in flour, add milk to soften if necessary.
- 3 Spoon mixture onto apricots, smooth and sprinkle with almonds.
- 4 Place on low rack, bake in a preheated oven on DUAL BAKE 200°C, MEDIUM LOW for 12-13 minutes until golden.